

fight piracy. Please join
25 am with logo and num
sic top center of this book.

॥ ओ३म् ॥

Digitized By Siddhanta eGangotri Gyaan Kosha

2 3



AUSHADH DARSHAN

A repertoire of Proven Miraculous
Ayurvedic Remedies by Swami Ramdev

Acharya Balkrishna



*"Om Indra Kratūm na ābhara pītā putrebhyo yathā I
Śikṣāṇo asmin puruhūta yāmani jyotiraśīmahi II"*

[Atharva Veda 20:79:1]

Meaning

O Merciful God ! Give us all luxuries and splendour as a father, in this world, gives his all property to his son. Also make us radiant and illustrious O Lord ! Please, give us the power to differentiate between good and evil, good health and virtuous knowledge. With the help of these qualities we all human beings may see your pure and pious light in the temple of our heart by leading a blissful life. O God ! please, enlighten our minds with such a divine light by with all diseases, grief, distress and darkness of ignorance may vanish, and we may be able to see you everywhere.

*"Asato mā sad gamaya,
Tamaso mājyotir gamaya,
Mrtyormā amṛtam gamaya"*

O Almighty God ! Please, take us away from falsehood to truthfulness, from the darkness of ignorance to the light of knowledge. O very kind ! let us be free from the nooses of birth and death, and enable us to drink the nectar of the bliss of final emancipation.

Acharya Muktanandji Maharaj



AUSHADH DARSHAN

Including the rare & astonishing experiments told by the most respected Swami Ramdevji Maharaj about many incurable diseases

- Editor -

Acharya Balkrishna Ji



Divya Prakashan
Hardwar, Uttarakhand

Publisher

Divya Prakashan
Divya Yog Mandir (Trust)
Patanjali Yogpeeth
Maharishi Dayanand Gram,
Delhi-Hardwar
Highway, Bahadarabad,
Hardwar-249402, Uttarakhand

E-mail: divyayoga@rediffmail.com**Website**: www.divyayoga.com**Phone**

: 01334-244107, 240008, 246737

Fax

: 01334-244805

Copyright

© All rights reserved by the publisher. All rights reserved by Divya Prakashan, Divya Yog Mandir (Trust). No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission in writing of Publisher. Or else judicial action will be taken against such convicts. All the juridical rights are reserved by Hardwar Court.

First Edition : 2005

Latest Edition : December 2008

Printer : Sai Security Printers Pvt. Ltd.
 152, DLF Industrial Area,
 Faridabad-121003 (Haryana).
 Tel. : 0129-2276370, 2272277
 Fax : 0129-2256239
 E-mail: saipressindia@yahoo.com

Distributor : Diamond Pocket Books (P). Ltd.
 X-30, Okhla Industrial Area, Phase-II,
 New Delhi-110020
 Phone : 011-41611861, Fax: 011-41611866
 E-mail: sales@diamondpublication.com
 Website: www.diamondpublication.com

ISBN 81-89235-24-9

English 097 (01-09)

What is Ayurveda?

Digitized By Siddhanta eGangotri Gyaan Kosha

Ayurveda is not only a science of medicine, but also a theory of living life with awareness. That is why Maharshi Caraka says :

trayopastambha āhārha-swapno-brahmacaryamiti

There are three factors supporting life, viz., intake of food, sleep and observance of *brahmacarya* (which includes control of senses and spiritual bliss conducive to the knowledge of Brahman).

Our body is a mirror of our food and thoughts. So, one should always lead his life being physically fit and happy by observing *brahmacarya* (celibacy) which is our original nature, and is necessary for a health associated with consciousness.

Is the cause of your disease one of the following :

1. Intake of meal without hunger, and eating in haste without chewing.
2. Eating frequently and more than your requirement.
3. Intake of food which is not suitable to your constitution (*prakrti*).
4. Excessive intake of spicy things, tea, coffee, sugar, bread, pawroti and synthetic food under the influence of your impulses.
5. Intake of food under excitement, grief, anger, anxiety, disgust and tension.
6. Sleeping late at night and rising late in the morning.
7. Lack of physical exercise and leading an unrestrained life.
8. Intake of prohibited things like meat, alcohol, tobacco, etc..

Awareness about the preservation as well as promotion of positive health by default leads to the prevention of much dreaded diseases.

- *Vaidyaraj Acharya Balkrishnaji Maharaj*

CC 0, Panini Kanya Maha Vidyalaya Collection.

Dawn of New Revolution in the Ayurvedic Tradition of Ancient Seers



**Vaidyaraj Acharya
Balkrishnaji Maharaj**

The modern science of medicine (Allopathic system) has failed to cure a number of diseases of the present times. In spite of scientific researches, treatment of many diseases has failed to bear any fruit and such diseases are, therefore, being considered incurable. The methods of treatment developed so far only take care of the manifested symptoms like pain, etc. They do not root out the original disease. After subsidence, such symptoms reappear. Some diseases have been declared as incurable, viz., diabetes, rheumatism, osteo-arthritis, gout (rheumatism and arthritis), migraine, cervical spondylitis, respiratory disorders, asthma, cancer, etc. Nervous disorders, heart diseases and diseases of brain like epilepsy, etc., are also the diseases of same category.

The ancient sages had devised successful treatment for the diseases which are considered to be incurable by the modern medical science on their being not treated successfully. In continuation of the tradition of the sages, deep study of the treatise by the grace of god for the welfare of Ayurveda its development & research works, Brahmsankalp Chikitsalaya was established in the year 1995 by Divya Yog Mandir (Trust) at Kripalu Bagh Ashram on the banks of Ganga canal in Kankhal region of Haridwar, where till April, 2006 around 20 lakh patients have been given successful yoga and medical consultation.

Since April 2006, expanding the works related to Yoga & Ayurveda, Yoga-Ayurveda treatment & Research Departments were established in Patanjali Yogpeeth Complex, which is continuously carrying out medical research on Yoga & Ayurveda on a very large scale.

The largest OPD and IPD of the world, well equipped huge pathology lab, regular classes of yog & pranayam being conducted under the directions of able yoga teachers, modern dental section & panchakarma treatment section based on ancient treatment practices are engaged in providing services to suffering mankind.

In the year 1995 itself Divya Pharmacy was established near Brahmkalp Chikitsalaya, with the objective of manufacturing pure & effective high class ayurvedic medicines. Its branches well equipped with modern equipments have been setup at A-I, Industrial Area, Haridwar and other places, which have been certified by the international standards GMP, GLP & ISO 9001. Inside the Brahmkalp Chikitsalaya complex there is a botanical garden also, where the herbs and medicinal plants useful for treatment are grown. Here research is carried out on rare herbs and they are grown here by putting in great efforts. Presently the herbal garden's extension "Divya Nursery" has been established near the Patanjali Yogpeeth. In the major activities of the ashram, the services related to yoga are looked after by the respected and revered yogic sage Swami Shri Ramdevji Maharaj, on the other hand the great work related to ayurvedic treatment & research is being done under the able guidance of Acharya Balkrishnaji Maharaj. Here, besides ayurvedic medicines the practical training on the scientific aspect of the yog, aasan, pranayam & acupressure is imparted as per the patient's requirement. While rendering his whole hearted services to the people, curing their diseases, giving them a healthy and joyous life, revered & respected acharya Sh. Balkrishnaji Maharaj has become a highly placed star in the world of ayurvedic treatment. He has, for the first time in the world found the cure for the many incurable diseases like high blood pressure by the use of pure herbs-shrubs from the Himalayas by the virtue of his meditation & continuous research. By shedding away the pain of the grief stricken human beings by his treatment he has made the sayings of the ancient sages meaningful -

"kāmaye duḥkha-taptānām prāṇināmārtnāśanam."

Lacs of people come to the ashram and take treatment for various incurable diseases and are benefitted throughout the year, whereas much more in number are the people who have been benefitted by ordering the medicines by post through newsletters, journals and other mediums.

On one hand Acharyaji is dedicating his whole time in curing the curable and incurable diseases of lacs of people, on the other he has given his patients positive attitude towards life which has linked them to lead to divine path. Acharyaji has joined in hands with hundreds of able doctors and has formed a strong team. He has started the programme of providing medical treatment on a larger scale, by which people of

Digitized By Siddhanta eGangotri Gyaan Kosha

all classes of society both the rich and the poor are taking benefits not only in India but across the whole world.

The senior doctors of famous medical institutions also come here for taking treatment for themselves. Along with this they also refer their patients for the treatment which is not available in modern medical sciences.

In vedā there is a saying for the doctor :

"ayam me hasta bhagavān, ayam me hasta bhagavattarāḥ"

This completely implies to them. Many patients suffering from incurable diseases are benefitted here, get cured and feel obliged and show their respect. We respectfully salute such a saint who is working whole heartedly just for the welfare of the mankind.

Dr. B.D. Sharma

Ex Chief, National Bureau of
Plant Genetics, Phagli, Shimla

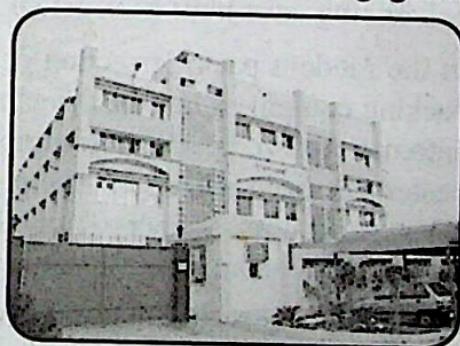
Sh. Jeevraj Bhai Patel

Surat

Divya Pharmacy

Respected Swamiji clearly say that we should try hard to remain free from diseases and if still we suffer from any disease, we should first take help of the Yog and try to cure the disease. If any medicine is required to be taken, the preference should be given to ayurvedic medicine because it is a treatment attached to our soil, our culture & nature. Quality and purity of medicines must be ensured.

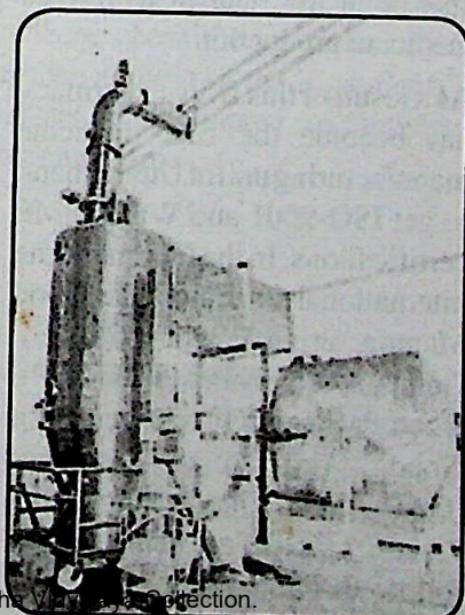
At Divya Pharmacy the formulations of ras rasayan vati, guggulu, choorna, avaleha, ghansatva, kwath, ghrita, taila, mandoor, lauh, parpati, pishti, aasav, arishta etc. are pure, of high quality and are prepared strictly according to the classical treatise. Divya Pharmacy puts in all the efforts to make the medicines pure and rich in quality.



Divya Pharmacy tries that medicines should possibly be available to common man at the minimum cost price. In the year 2002-03, modernization of the pharmacy has been done. A new expanded unit of the pharmacy has been established well equipped with machines based on modern techniques.

At Divya Pharmacy a PLC controlled extraction unit based on moder SCADA technique has been established for extracting medicines from the various parts of the medicinal plants.

In this unit the process of extraction under controlled pressure and temperature has been adopted. Extreme dryness of the extracts is attained by vacuum drying. Along



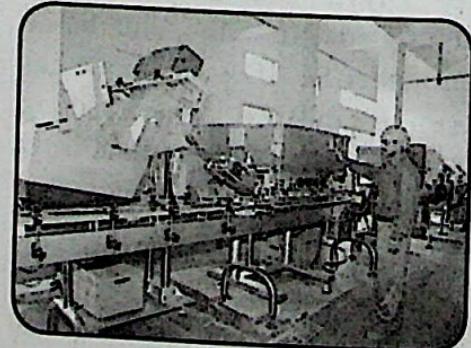
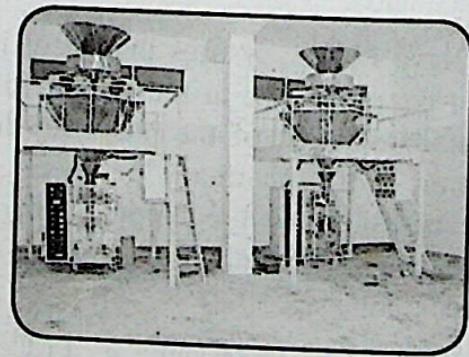
with this, the active constituents of the medicinal plants are preserved by removing temperature variations using special processes. Quality of the medicines so produced is of the highest level. This unit has the capacity of extracting from 10,000 kgs. of raw herbs. The desired fluid component is added to this extract in the process of making the medicines.

For the manufacturing processes in Divya Pharmacy automatic high speed spray drier unit, for quick liquification a fluid wed processor, tablet compressing device with the capacity for preparing one lac tablet per hour, high speed auto-coater for coating the tablets, high speed mixer-grinder, fluid wed driers and cleaning, crossing & pulverizing units have been established.

In the modern packing section of Divya Pharmacy PLC controlled packing equipment having the capacity of 300 volts per minute with automatic blister packing equipment have been installed. A utility center has been set up in this production unit which has two 500 KVA generators, softners & cooling towers including boilers & air compressors having the capacity to produce 300 ton steam.

Alongwith the traditional production process & as per the modern scientific standards, quality control & development of new medicines, Divya Pharmacy is fast heading towards a revolutionary change in the field of ayurvedic medicine production.

As a result of this Divya Pharmacy has become the first medicine manufacturing unit of Uttarakhand to get ISO-9001 and WHO-GMP certifications. In the Pharmacy the international standards like Good Manufacturing Practices (GMP), Good Laboratory Practices (GLP), Good Packaging Practices (GPP), Good Agricultural Practices (GAP) and Good Harvesting Practices (GHP) are being strictly followed.



Divya Pharmacy has started a demanding work full of responsibility and initiated a revolutionary change by making three stage standardization & clinical testing as the basis in the field of the manufacturing of ayurvedic medicines :

1. Quality Control & Quality Assessment.
2. Toxicological Study-Animal Trial
3. Clinical Trial

For Quality Control and Quality Testing the following three steps are followed :

1. For Raw Material
2. For extracts/Bhasmas at different stages
3. For final product

The raw material to be used in production of medicines are used only after they have been tested for their purity. Quality control of the raw material to be used for preparation of the medicines is a difficult task as there are varieties of the herbs, a lot depends on their place of procurement, it also depends on the season in which they have been collected. To carry out this work appropriately & in an effective manner, a herb research department has been established in which efficient, trained scientists and research personnel from the fields of Botany, Pharmacy, plants, microbes, chemistry, microbiology & ayurveda have been employed.

In this Department standards relating Botanical & Mineral Identification, Adulteration, the knowledge about the mixture of the representative ingredients and appropriate amount of the ingredients for the manufacturing of the medicines is being adopted, so that the quality of medicines in every batch remains same.

1. Determination of foreign matter or adulterants
2. Morphological Study
3. Microscopic Study
4. R.D.
5. Solubility in different solvents like water, alcohol, ether etc.
6. Ash value
7. Moisture content
8. Oil contents
9. Bulk density of raw material
10. Comparative Chromatographic Study by TLC & HPTLC

11. ORD - Optical Rotary Diahroism - Polarography
12. X-Ray Photo Electron Spectroscopy
13. U.V. Photo Electron Spectroscopy

To carry out these tasks a laboratory (QA & QC Laboratory) has been constructed which has the most modern equipments like Oven, Microwave Oven, Moisture Balance, Bulk Density Apparatus, Microscope, Computerised Microscope, Polarimeter, Extraction Apparatus, TLC, High Profile Thin Layer Chromatography (HPTLC). At present Botany, Chemistry and Microbiology departments are working under this.

Standardization and New Process Development : With the amendments in the Patent laws now getting the patent of any medicine or manufacturing procedure has become easier as compared to earlier times. Keeping this fact in mind Divya Yog Mandir Trust has expanded the medicine manufacturing and have constructed the second production unit. Keeping in view the quality and safety of Bhasmas and Herbomineral Drugs mentioned in ancient medical practices the work of process development of using combination of ancient and modern methods has begun. The work relating to usage of all the processes mentioned in the medical treatise for processes like BHAVANA, MARDAN, MANTHON, SHODHAN, PAARAN, PAAK, SANDHAAN, BHASMIKARAN, AMSHTIKARAN, PAARADSHODHAN, PUTPAAK etc. is being carried out simply, easily, safely in sophisticated form as per the international standards.

Quality Control and Standardization of Extracts and Mid-products : For extraction of extracts in the medicine production unit the most modern SCADA controlled extraction unit has been set up. For properly maintaining quality control of the various extracts at different stages of extraction, the following standards are absolutely taken care of :

1. Measurement of the Solid Content
2. Measurement of Ph value
3. Study of the comparative TLC and HPTLC tests
4. Chemical analysis
5. Study of the science of metal formation, etc.

Quality assessment and standardization of final products : Various processes are followed for quality control and standardisation of the

Digitized By Siddhanta eGangotri Gyaan Kosha
final products like Choorna, Vati, Bhasm etc.

1. Identity Test

Physical Test

Quantity of Medicine

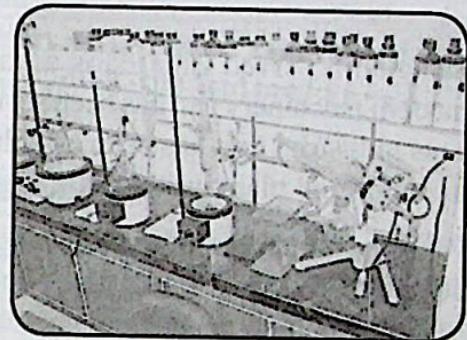
Molecular Weight

Spectrum of Medicine

X-ray diffraction of medicine

Comparative Chromatography

TLC & HPTLC



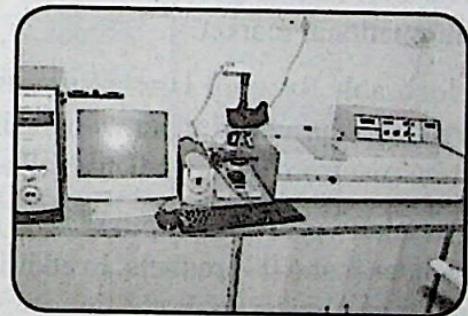
2. Measurement of set Physical parameters

Rapid dissolution

Moisture content

Ash value

Solubility in different solvents like water, alcohol, ether etc.



3. Assay

4. Microbiological Test

In this way, by giving a new form to the ayurvedic medicines, a new step has been initiated in the direction of quality control and standardization, by which ayurveda is clearly bound to affect globally and make a mark. This will not be an effort only for the benefit of India but for whole world and in the time to come it will make the medical treatment available for everyone. As the ancient sages were well versed with the knowledge of ayurveda and there has been refinement of the knowledge from time to time by the learned in the field, in the same way Divya Pharmacy is trying to bring refinement to the knowledge of ayurveda.

Patanjali Ayurved Limited

Patanjali Ayurved Limited is an industrial unit, equipped with ultra modern machinery and has been set up in the industrial area at Haridwar. This industrial unit has been established to produce pure, high quality minerals and plant products through scientific methods.

With the objective of establishing Ayurved in a scientific manner, honorable Swami Ramdevji and honorable Acharya Balkrishna ji have tried to combine the ancient knowledge with ultramodern technology and established Patanjali Ayurved Limited in year 2006.

The key charter of this unit is to establish the ayurvedic products like bhasma, as the scientifically proven beneficial products in the international market.

Honorable Swamiji is working towards the goal of establishing the ayurvedic products at par with the international standards and to make it known from every Indian to all across the world.

Patanjali Ayurveda Limited will establish appropriate medium for standardizing its products. In addition, the manufactured products will undergo clinical trials.

Recently, one of the products of Patanjali, the Patanjali Drishti Eye Drops has been tested in world famous, Shri Ram Labs for poisonous reactions (vishaktata) and effectiveness (Karmukta). In these tests, the product has been adjudged at par with international standards.

At Patanjali Ayurved Limited very sophisticated, sterilized equipment for eye drops has been set up. In addition, the unit has ultramodern equipments designed through latest research, like extraction unit, capsule filling unit and a fully automatic packaging unit.

Unit also has established Research and Development centers with Quality control centers established, which are at par with international standards. Some of these equipments include, HPTLC, GCMS, HPLC, etc.

The research and development unit has developed a new research procedure for standardizing *Tinospora* (Giloya). Application for patenting this procedure has been sent to Indian government.

Digitized By Siddhanta eGangotri Gyaan Kosha
 The department has already developed detailed monogram for *Withania somnifera* (Ashwagandha) Fulvic acid (Shilajit), Indian Gooseberry (Amla), *Tinospora* (Giloya), etc.

The unit has been certified with ISO 9001, ISO 1800, WHO-GMP and GLP certifications for the most sophisticated and modern services and processes.

Products of Patanjali Ayurved Unit

Unit is equipped with ultra modern equipments, machinery and produces not only medicinal products but also produces food and beauty products. The various products of the unit could be categorized into three groups:

1. *Medicinal products or ingredients of medicines:*

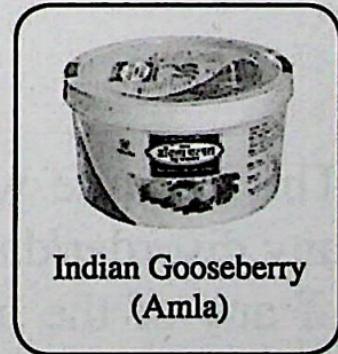
This unit produces traditional, scientific medicines along with patented medicines. Some of the key medicines include Ashwagandha capsules, Shilajit capsules, Indian Gooseberry (Amla) extract capsules, Drishti eye drop, etc.



Drishti Eye Drop

2. *Food products:*

The unit gives lot of emphasis to agricultural products and has developed natural soft drinks as alternate to the harmful soft drinks existing in the market today. This will not only have a positive impact on the health of people but will also help the agriculture sector acquire status of industry,



Indian Gooseberry (Amla)

3. *Beauty products:*

In this category, the unit has developed natural ingredients based soap, shampoo, cream, lotion, etc. This has enabled proper utilization of natural resources in India.

Statutory Warning

The examples/experiments given in this book are based on high quality medicines and ingredients that have been developed at Divya Pharmacy and Patanjali Ayurved Limited which is managed with several years of experience of medical practice. People suffering from complex problems are advised not to experiment any treatment only on the basis of this book. It is advised that the patients undergo treatment only under the supervision of qualified practitioners.

Note

The institute will not be responsible for any disorder/damage caused due to intake of any of the medicines suggested in the book, which have been administrated without consultation of qualified medical practitioners.

CONTENTS

Digitized By Siddhanta eGangotri Gyaan Kosha

Sr. No	Subject	Page No.
Self-Experienced (Patent) Medicines		
1.	<i>Divya Arśa-kalpa Vaṭī</i>	7
2.	<i>Divya Vrikkadoshhar Kvatha</i>	7
3.	<i>Divya Aśmarīhar Kvāṭha</i>	8
4.	<i>Divya Aśmarīhar Rasa</i>	8
5.	<i>Divya Udarāṁṛta Vaṭī</i>	8
6.	<i>Divya Udara-kalpa Cūrṇa</i>	9
7.	<i>Divya Kāyā-kalpa Vaṭī</i>	9
8.	<i>Divya Kāyā-kalpa Taila</i>	10
9.	<i>Divya Kāyā-kalpa Kvāṭha</i>	10
10.	<i>Divya Keśa Taila</i>	11
11.	<i>Divya Gas-hara Cūrṇa</i>	11
12.	<i>Divya Cūrṇa</i>	12
13.	<i>Divya Peya (Herbal Tea)</i>	12
14.	<i>Divya Dhārā</i>	13
15.	<i>Divya Danta Mañjana</i>	13
16.	<i>Divya Pīḍāntaka Rasa</i>	14
17.	<i>Divya Pīḍāntaka Kvāṭha</i>	14
18.	<i>Divya Pīḍāntaka Taila</i>	15
19.	<i>Divya Yauvanāṁṛta Vaṭī</i>	15
20.	<i>Divya Madhunāśinī Vaṭī</i>	16
21.	<i>Divya Madhukalpa Vaṭī</i>	17
22.	<i>Divya Muktā Vaṭī</i>	17
23.	<i>Divya Medhā Kvāṭha</i>	19
24.	<i>Divya Medhā Vaṭī</i>	19
25.	<i>Divya Amṛtā Rasāyana (Linctus)</i>	20
26.	<i>Divya Medohara Vaṭī (Weightless)</i>	20
27.	<i>Divya Śvāsāri Rasa</i>	21
28.	<i>Divya Strī-Rasāyana Vaṭī</i>	22
29.	<i>Divya Hṛdayāṁṛta Vaṭī</i>	22

30.	<i>Divya Vātāri Cūrṇa</i>	23
31.	<i>Divya Śilājīta Rasāyana Vati</i> Agotri Gyaan Kosha	23
32.	<i>Divya Sarva-kalpa Kvātha</i>	24
33.	<i>Divya Kānti Lepa</i>	24
34.	<i>Divya Vrikkadoshhar Vati</i>	25
35.	<i>Ghrit Kumari Rus</i> (Aloe vera juice)	25
36.	<i>Drishti Eye Drop</i>	26
37.	<i>Amlā Ras</i> (Indian Gooseberry Juice)	26

Classical Medicines

1.	<i>Divya Śilājīta Sat</i>	27
2.	<i>Divya Muktā Piṣṭī</i>	28
3.	<i>Divya Svarṇa Bhasma</i>	28
4.	<i>Divya Cyavana Prāśa</i>	29
5.	<i>Divya Candraprabhā Vati</i>	29
6.	<i>Divya Vasanta kusumākara Rasa</i>	30
7.	<i>Divya Bādāma Pāka</i>	31

Self-Experienced Treatment of Some Diseases

INITIAL INSTRUCTIONS & INDICATIONS		32
1.	Obesity	32
2.	Madhumeha (Diabetes Mellitus)	32
3.	High Blood Pressure	33
4.	Pimples or Acne Vulgaris	33
5.	Leucoderma	33
6.	Oligospermia & Other Genital Diseases	34
7.	Tumour or Any growth of Body	34
8.	Special Treatment for adenitis of Big Size	34
9.	Thalassemia	35
10.	Treatment of Muscular Dystrophy & Handicapped Children	35
11.	Treatment of Mental Retardation & Mongoloid Children	36
12.	Multiple Sclerosis	36

13.	Gastric Trouble & Flatulence	37
14.	<i>Āma</i> , Sprue Syndrome & Diarrhoea	37
15.	Ulcerative Colitis	38
16.	Acidity & Hyper Acidity	38
17.	In Chronic & Hyper Acidity	38
18.	Coronary Artery Disease	39
19.	Migraine, Chronic Headache & Depression	39
20.	Joint Pain, Gout, Knee-joint Pain, etc.	40
21.	Sciatica & Cervical Spondylitis	40
22.	Sinusitis, Asthma, Chronic Rhinitis & Coryza	41
23.	Psoriasis & Eczema	41
24.	Cancer	42
25.	Fibroid Uterus	43
26.	Menorrhagia & Amenorrhoea (Scanty Menstruation)	44
27.	Hepatitis A,B & C	44
28.	Cirrhosis of Liver	45
29.	Chronic Renal Failure	45
30.	Hernia	46
31.	Epilepsy	47
32.	Cataract & Glaucoma	47
33.	Infertility	47
34.	Constipation	48
35.	Parkinsonism	48
36.	Osteoporosis	49
37.	Otorrhagia, Tympanitis & Deafness	49

**Miraculous Home Remedies for Different Diseases
Prescribed by Swami Ramdevji in Yoga – Camps**

1.	Porridge : Cure for Obesity & Diabetes	50
2.	Eye-drops-‘Netra-Jyoti’ : Cure for Cataract & Glaucoma	50
3.	Tooth-powder : Cure for all types of tooth-diseases	50
4.	Juice of Sweet Gourd : Useful for Heart-diseases, Hyper Acidity, Abdominal Diseases & Obesity	51

5.	Bark of <i>Arjuna</i> : <i>Kṣīra-pāka</i> (Milk Preparation)	51
6.	Infallible Remedy for Jaundice, Hepatitis & Cirrhosis of Liver	52
7.	Infallible Home Remedy for Chronic Cough	52
8.	Infallible Home Remedy for Dry & Bleeding Piles	52
9.	Use of Lemon & Milk : For Bleeding Piles	53
10.	Leaves of <i>Śiśama</i> or <i>Śimśapā</i> - Extremely-Useful in Leucorrhoea, <i>Prameha</i> , <i>Dhātu-roga</i> & Menorrhagia.	53
11.	Home Remedy for Piles & Menorrhagia	53
12.	Home Remedy for Hiccup	54
13.	Use of Galactagogue – For Mothers	54
14.	Juice of Wheat-grass : Cure for Cancer & AIDS	54
15.	Bark of <i>Pipala</i> +Neem+ <i>Sarvakalpa</i> <i>Kvātha</i> + <i>Vṛkkadoṣahara Kvātha</i>	55
16.	Home Remedy for Thyroid, Tonsilitis & <i>Kapha-rogas</i>	55
17.	Home Remedy for <i>Kapha</i> -diseases (Diseases caused by aggravated <i>kapha</i>)	55
18.	Home Remedy For <i>Vāta-rogas</i> (Diseases caused by the aggravation of <i>Vāta</i> or <i>Vāyu</i>).	56
19.	Recipe for Infertility.	57
20.	Use of <i>Apāmārga</i> for Normal Delivery	57
21.	Leaf of <i>Aśvagandhā</i> : Exceedingly useful for Obesity, Diabetes Mellitus & Heart-diseases	58
22.	Home Remedies for <i>Madhumeha</i> (Diabetes Mellitus)	58
23.	Cow's Urine : Different uses	59
24.	<i>Pāṣāṇabheda</i> or <i>Pattharacatīṭā</i> : For the Cure of Stone.	60
25.	Leaf of Peepal or <i>Ficus Religiosa</i> for Epistaxis	60
26.	Water of Soap-nut (<i>Sapindus trifoliatus</i>): Useful in Asthma, Cough, Sinusitis, Chronic Rhinitis & Headache	60

27.	Costless Experience for stopping of Hair-fall & Greying of Hair	61
28.	Infallible Home Remedy for Hair	61
29.	Anti-dandruff Oil (Home Remedy)	61
30.	Simple & Easy Home Remedy for the Cure of Dandruff	62
31.	Home Remedies for Urticaria	62
32.	Home Remedy for Obesity	62
33.	<i>Aśvagandhā Cūrṇa</i> : For Weakness & Emaciation	63
34.	Home Remedies for Jaundice	63
35.	<i>Gṛhtakunārī (Aloe vera)</i> : Promoter of Platelets	63
36.	Home Remedy for Helminthiasis	63
37.	Home Remedy for Earache	64
38.	Home Remedies for Constipation	64
39.	<i>Bilva-cūrṇa</i> (Powder of <i>Aegle marmelos</i>) : Useful in Toxic By product & Chronic Sprue Syndrome	64
40.	Leaves of <i>Vāsā (Adhatoda zeylanica)</i> : Useful in Cough	65
41.	Home Remedies for Cold, Coryza & Fever	65
42.	<i>Pippalī-kalpa</i> for <i>Kapha</i> , Phlegm & Asthma	65
43.	Home Remedy for Gangrene	66
44.	Home Remedy for Promotion of Eye-sight	66
45.	Home Remedy for Cracked Lips	66
46.	Inhalation : Useful in Headache, Insomnia & Migraine Pain	67
47.	Leaves of <i>Sadābahār & Hārasingāra</i> : Useful in Sciatica & Diabetes Mellitus	67
48.	Ointment for <i>Vipādikā</i> (Cracks of Heel)	67
49.	Home Remedies for Leucoderma & Skin-diseases	68
50.	Home Remedy for Stomatitis (Inflammation of Mucous lining of Mouth)	68
51.	Medicines for Moles	69

52.	Home Remedy for Warts & Corns	69
53.	Home Remedy for Night Blindness & Hysteria	70

**Wholesome & Unwholesome Diet, etc.
for Different Diseases**

1.	Heart -Diseases, High B. P. & Hypertension	71
2.	Diabetes Mellitus	72
3.	Diarrhoea, Dysentery, Sprue & Irritable Bowel Syndromes	72
4.	Acidity	73
5.	Anaemia, Jaundice, Hepatitis A,B,C, Haematological Disorders, Hepato Splenomegaly	73
6.	Osteo-arthritis, Rheumatoid arthritis, Gout, Sciatica, Skeletal & Muscular Pains, & Facial Paralysis, Vataja Rogas	74
7.	Chronic Rhinitis, Bronchitis, Bronchial Asthma, RTI, Respiratory & Allergic Disorders	74
8.	Obesity	75
9.	Kidney-Diseases	75
10.	Renal Calculus / Stones	76
11.	Gynaecological Disorders	76
12.	Skin-diseases	76
13.	Paediatric Diseases	76
14.	Psychological Diseases	77
15.	Wholesome & Unwholesome Diet in General for All Patients	77

Miscellaneous

Mode of Administration of Different Forms of
Medicines in General (Tablets & Powders,
Bhasma, *Āsava* & *Ariṣṭa*, *Kvātha* or Decoction),
Acupressure, Massage, Steam-bath with Decoction
(*Kvātha-snāna*), *Yogāsanas* & *Prāṇāyāma*

Self – Experienced (Patent) Medicines

DIVYA ARŚA-KALPA VATĪ

Main Ingredients : *rasāñjana* or pure *rasaunt*, *harītakī* or *jangh harad*, seeds of sweet variety of *nimba* (*bakayan*), bark of *soap-nut*, traditional *karpūra* (camphor), *kaharava* (umber), *khūna-kharābā* (dragon's blood), *kākamācī* (*makoy*), *ghṛta-kumārī*, *nāga-dauna*.

Therapeutic Uses :

1. Cures both types of piles, i.e., bleeding piles & dry piles, relieves related complications like pain, burning sensation and colic pain.
2. Prevents fistula-in-ano if taken for some days regularly.

Mode of Administration : To be taken with butter-milk or water in empty stomach in the morning and in the evening before dinner.

Dosage : 1-2 tabs. twice a day, depending upon the seriousness of the diseases.

DIVYA VRIKKADOSHAR KVATHA

Main ingredients: Silversaxifrage (*Pashanbheda*), caltrops (*Gokharu*), root of Spreading Hogweed (*Punarnava mool*), *Macrotylona uniflorus* (*Kulthi*), root of *Crataeva nurvala* (three leaved Caper) *Varun chal* etc.

Properties :

1. It especially affects our groan (*utsarjan*). It is mostral, cooling and cures swelling.
2. Its regular intake dissolves the stones in the kidney and urinary tract which gets removed through urine. Patients who have a tendency to develop stones frequently, should take this *kvātha* regularly. It completely stops the formation of stones. It also cures kidney infection and any other disorders. It is also helpful in curing the stones in the gall bladder.

Dosage: Take two teaspoon of *kvatha* (approx. 10 gm) and boil it in one and a half glass of water (1/2 liter). When the water is reduced to 1/4th, strain it and take it empty stomach in the morning and 5-6 hrs after the lunch during the day. It proves very effective when taken with *ashmarīhar* *Kvātha/rasa*.

Digitized By Siddhanta eGangotri Gyaan Kosha

DIVYA ASHMARIHARA KVATHA

Main ingredients : Silver saxifrage (Pashanbheda), Crataeva nurvala or three leaved caper (Varun), Tribulus terrestris (Gokshur), Spreading Hogweed (Punarnava)

Properties : Divya ashmari kvatha is composed of stone removing drugs and drugs which cure infections of urinary tract, as mentioned in ayurved. Its intake is especially very useful in vrukka ashmari (renal calculi). Its benefits are also observed in curing pitta ashmari (stone of gall bladder). In addition, it is also beneficial in curing all types of urinal infections like, mootrakrichha (difficulty in micturition), and mootradaha.

Dosage : Take one teaspoon (5 gm) of kvatha and boil it in 400 ml water. When the water is reduced to 1/4th, strain it and take it empty stomach in the morning and evening.

Packing : 100 gm and 250 gm

DIVYA ASHMARIHARA RASA

Main ingredients : *yava-kṣāra, mūlī-kṣāra, śveta-parpaṭī, hajarala yahūda*, etc.

Therapeutic Uses :

1. It is in powder form & is diuretic; dissolves deposited calculi & takes it out from the body; relieves complications as well as pain caused by it; removes oedema & pain of kidney; stops the tendency of stone formation. If used regularly for some time, the patient gets relieved for ever & no chance remains for stone-formation.
2. Cures the burning sensation in the urine, & takes out deposited toxins from the body.

Mode of Administration : To be taken on empty stomach in the morning and in the evening at about 6-7 o'clock, either followed by 'Aśmarihara Kvātha' or fresh water.

Dosage : 1-2 gm., twice a day.

DIVYA UDARĀMRTA VATĪ

Main Ingredients : *punarnavā, bhūmyāmalakī (bhumi amala), kākā-mācī (makoy), citraka, āmalakī (amala), bōhītaka (bahedā), trivṛt (nishoth), kūṭakī, seed of āmra (mango), bilva, ajavāyan, ativiṣā*

Digitized By Siddhanta eGangotri Gyaan Kosha

(*atis*) of bitter var., *ghṛta-kumārī* (Aloe), *muktā-śukti bhasma*, *kasīsa bhasma*, *lauha bhasma*, *śaṅkha bhasma*, *maṇḍūra bhasma*, etc.

Therapeutic Uses :

Cures all types of abdominal diseases, abdominal pain, dyspepsia, indigestion, liver-diseases (e.g. jaundice), anaemia, chronic fever, diarrhoea and constipation.

Mode of Administration : To be taken in the morning after breakfast (or lunch) and dinner with luke warm water or milk.

Dosage : 1-2 tabs. twice a day.

DIVYA UDARA-KALPA CŪRNA

Main Ingredients : *madhu-yaṣṭī* (*mulethi*), *miśreyā* (*saunf*), *svarna-patrī* (*sanay*), *revana-cīnī*, *śata-patrī* (rose-flower), *harītakī* (*jangh harad*), *miśrī* (sugar-candy), etc.

Therapeutic Uses :

1. It is *pitta*-alleviating, mild purgative & non-invasive medicine.
2. Clears bowels, eases constipation without causing burning or other complication in intestines.
3. Stimulates digestion, & digests *āma* (undigested matter caused by impaired digestion & metabolism).

Mode of Administration : To be taken at bed time with warm water/milk.

Dosage : 2-4 gms. ($\frac{1}{2}$ -1 teaspoonful), etc.

Note : As it contains sugar-candy, it is prohibited for the patients suffering from diabetes. Being mild purgative, it is also safe for children.

DIVYA KĀYĀ-KALPA VATĪ

Main Ingredients : extracts of *bākucī* or *bavachi*, *cakra-marda* (*panavad*), *nimba*, *triphalā* (a collective name for *harītakī*, *bibhūtakī* & *āmalakī*), *khadira*, *mañjiṣṭhā*, *kaṭukī*, *amṛtā*, *kirāta-tiktaka* (*chirayata*), *candana*, *deva-dāru*, *haridrā* (*haldi*), *dāru-haridrā*, *uṣbā*, *dronā-puṣpi*, *laghu-kañṭakārī*, *kṛṣṇa-jīraka* (*kālājīrī*), root of *indrāyaṇa*, seed of *karañja*, etc.

Therapeutic Uses :

CC-0. Panini Kanya Maha Vidyalaya Collection

1. Purifies blood to cure all types of skin-diseases successfully.

2. Removes acne, pimples, dark spot on cheeks & spots on the face.
3. Cures all types of chronic & complicated ring-worms (*dadru*), itches, pruritus & eczema instantaneously. It is a complete cure for leucoderma & psoriasis as well.

Mode of Administration : To be taken twice on empty stomach early in the morning & one hour before dinner along with fresh water.

Precaution : Don't take milk or milk-preparations one hour before & after the intake of this medicine.

DIVYA KĀYĀ-KALPA TAILA

Main Ingredients : seeds of *bākucī* or *bavachi*, seeds of *cakra-marda* or *panavad*, *dāru-haridrā*, *haridrā*, seeds of *karañja*, bark of *nimba*, *harītakī* or *harad*, *āmalaka* or *amala*, *mañjiṣṭhā*, *amṛtā* (*giloy*), *kirāta-tiktaka* or *chirayata*, *kuṭakī*, *śveta-candana*, *deva-dāru*, *kṛṣṇa-jīraka* (*kali-jīri*), *droṇa-puṣpī*, *kanṭakārī*, *uṣbā*, *ariṣṭaka* (soap-nut), cow's urine, *tila-taila* (sesame oil).

Therapeutic Uses :

1. Cures all types of skin-diseases rapidly, like ring-worm (*dadru*), itching, eczema, leucoderma, psoriasis, urticaria, freckles, skin allergy & sun-burn.
2. Gives quick relief for cracks on hands & feet, burns, cuts & wounds. This oil is extremely useful & beneficial, so it should always be kept in each & every home.

Mode of Administration : To be applied twice or thrice a day on affected parts.

DIVYA KĀYĀ-KALPA KVĀTHA

Main Ingredients : seeds of *bākucī* (*bavachi*), *cakra-marda* (*panavad*), *haridrā* (turmeric), *dāru-haridrā*, bark of *khadira*, seeds of *karañja*, bark of *nimba*, *mañjiṣṭhā*, *amṛtā* (*giloy*), *kirāta-tiktaka* (*chirayata*), *kuṭakī*, *candana*, *deva-dāru*, *uṣbā*, *droṇa-puṣpī*, etc.

Therapeutic Uses :

1. Cures all types of skin-diseases, eczema, *kuṣṭha* (obstinate skin diseases including leprosy), *ślipada* (filariasis).
2. Cleans bowels & helps in reducing obesity.
3. Useful in skin-diseases along with 'Kāyākalpa Vati', and in obesity along with 'Medo-hara Vati'.

Mode of Administration : Boil 5-10 gms. (1-2 teaspoons) of this dry decoction with 400 ml. of water till 100 ml. remains, and strain. Take on empty stomach in the morning and one hour before dinner. It is bitter in taste, so can be sweetened by adding honey, sugar or jaggery. Diabetic patient should not add any sweetener. If one can't take it in that quantity, it can be concentrated by boiling for longer to reduce quantity.

Dosage : 100ml, twice a day.

Note : It will be more effective if soaked in water for 8-10 hours before boiling.

DIVYA KEŚA TAILA

Main Ingredients : *bhṛṅga-rāja, brāhmī, āmalakī (amala), śveta candana, dāru-haridrā, kamala (lotus), ananta-mūla, ketakī, jaṭā-māṇsi, nūlinī (indigo), ratan-jot, guñjā-white var. (rattī-white var.), priyaṅgu, lodhra, nāga-keśara, musta (nagar-motha), balā, sesame oil, etc.*

Therapeutic Usage :

1. It is like a nectar for hair; cures untimely hair-fall, dandruff, alopecia, premature graying of hair, etc. By applying this oil, hair becomes healthy & luxuriant.
2. As it is prepared with many celestial herbs, it also strengthens eyes & brain, as well as cools the brain.
3. Also useful in headache & different types of head-diseases.

Mode of Administration : Apply it in the hair-roots, massage well. For better results, it should not be washed away.

DIVYA GAS-HARA CŪRNA

Main Ingredients : *ajavāyan, marica (black pepper), extract of lemon, jīraka (cummin seed), black salt, jaṅgha harītakī, hīngu (pure), etc.*

Therapeutic Uses :

1. Digests food well without producing gas, acidity, etc. caused by indigestion.
2. Instantaneously cures feeling of heaviness of abdomen, flatulence, colic pain and anorexia.
3. This *cūrṇa* relieves the gas of abdomen.

CC-0, Panini Kanya Maha Vidyalaya Collection.

Mode of Administration : To be taken after food with lukewarm

water; also can be taken at any time on the occurrence of complaints, like abdominal pain, flatulence, uneasiness, etc. .

Dosage : $\frac{1}{2}$ teaspoon, two times a day or as required.

DIVYA CURNA

Main Indredients : rose flower, dry ginger, rock-salt, leaves of *svarṇa-patrī* (*sanay*), *jaṅgha harītakī* (*harad*), *kṛṣṇa-bījā* (*kālā-dānā*), *miśreyā* (*saunf*).

Therapeutic Uses :

1. Cures constipation & takes out the faeces stuck in the intestines; activates intestines, so the internal layer of intestines does not allow the faeces to stick there again.
2. Totally clears the stomach; allays depression & makes the body active.
3. Helps in curing abdominal pain, flatulence, heaviness & nausea.

Mode of Administration : To be taken at bed time with warm water.

Dosage : One teaspoonful (5 gms.).

DIVYA PEYA (HERBAL TEA)

Main Ingredients : *elā* (cardamom), *teja-patra*, *tvak* or *dalchini* (cinnamon), *lavaṅga* (clove), *candana*, *jātī-patrī*, *jātī-phala*, *marica* (black pepper), rose-flower, lotus flower, *aśvagandhā*, *soma-latā*, *punarnavā*, *vāsā*, *citraka*, *amṛtā*, *bhūmyāmalakī*, *rohiṣa* (*agiya ghas*), flower of *banaphśā* (wild violet), *brāhmī*, *śaṅkha-puṣpī*, *tulasī* (holy basil), *pippalī* (long pepper of small size), *śveta candana*, *cavya*, *śunī* (dry ginger), *musta*, *miśreyā* (*saunf*), *arjuna*, etc.

Therapeutic Uses :

1. An Ayurvedic drink with a sweet taste, free from alcohol & a great substitute for tea.
2. Promotes immunity, protects against *kaphaja* diseases; during an attack of *kaphaja* disease, the patient gets immediate relief by its use.
3. Stimulates power of digestion; strengthens body & mind, calms the mind; controls cholesterol & protects from heart-diseases.
4. This celestial drink strengthens the liver! The best thing about this drink is that it doesn't harm the unctuousness of milk & is absolutely

free from nicotine. On the other hand, different varieties of tea available in the market, which contain nicotine and cause different types of complications like gas, constipation & hyper-acidity.

Mode of Administration : Prepare like common tea; boil more than common tea, more boiling yields more benefits of herbs added in the preparation; add sugar according to your taste.

Dosage : Prepare as regular tea adding equal or lesser powder than the common tea.

DIVYA DHĀRĀ

Main Ingredients : Pepper mint, *karpūra*, extract of *ajavāyan*, clove oil.

Therapeutic Uses : Cures cholera, headache, toothache, ear-diseases, epistaxis, trauma, urticaria, coughing, indigestion, dyspepsia, colic pain, flatulence and asthma (dyspnoea).

Mode of Administration & Dosage :

- i. **Cholera :** 5-10 drops, after every 15 minutes. As patient gets relief, gradually increase interval, i.e. half an hour, one hour, then two hours and so on. It gives definite relief from cholera.
- ii. **Colic pain, Gas, Flatulence & Asthma :** Pour 3-4 drops in sugar, *Batāśā* or in warm water, and take orally.
- iii. **Asthma or Dyspnoea :** It gives relief by inhalation (smelling) & applying on the chest. If the patient is not able to inhale because of severe attack of asthma, then add 4-5 drops of this 'Divya-dhārā' to 1/2 - 1 ltr. of boiled water, & give vapours to the patient, for immediate relief.
- iv. **Headache :** Apply 3-4 drops on the forehead & give massage; inhale or smell 1-2 drops, which gives immediate relief.
- v. **Toothache :** Dip the cotton in *Divya-dhārā* & keep it on the affected tooth.

DIVYA DANTA MAÑJANA

Main Ingredients : *babbūla*, neem, *bakula* (*maulasiri*), *tumburu*, *māyāphala* (*majuphal*), *pippalī* (of small size), root of *ākārakarabha* (*akarakarā*), *lavaṅga*, black-salt, cuttle fish, rock-salt, *sphaṭikabhasma*, *karpūra* or camphor (native), pepper-mint, etc.

Therapeutic Uses :

CC-0, Panini Kanya Maha Vidyalaya Collection

1. Strengthens the gums to stop discharge of pus and blood.

2. Removes the food-particles from teeth;
3. Eliminates foul breathe.
4. Stimulates to work efficiently.
5. Makes teeth healthy & shining.

Mode of Administration : Massage or rub this tooth powder on both gums & teeth either with the help of middle finger or toothbrush. After that, the mouth should be cleaned properly with water. Use twice in the morning as well as at night after dinner. This tooth powder cures all types of complaints related to teeth.

DIVYA PĪDĀNTAKA RASA

Main Ingredients : *ajavāyan, nirgunḍī, śobhāñjana* (sweet var.), *aśvagandhā, rāsnā, mustā, mahā-vāta-vidhvamsana rasa, pravāla piṣṭi* *śilājatu* (mineral pitch), *moṭī-piṣṭī, kupīlu* (pure), *hīraka bhasma, daśa-mūla, amṛtā, yogarāja guggulu, maṇḍūra bhasma, svarṇa-mākṣikī bhasma*, etc.

Therapeutic Uses : Useful in joint pain, arthritis, lumbar pain, cervical spondylitis, sciatica; gives immediate & permanent relief in all types of bodily pains.

Mode of Administration : Take after food with warm milk or warm water.

Dosage : 1-2 tabs., twice a day.

DIVYA PĪDĀNTAKA KVĀTHA

Main Ingredients : root of *pippalī* (long pepper), *nirgunḍī*, *aśvagandhā, rāsnā, mustā* (nagar motha), root of *eranda*, *śunthī* a dry ginger, *ajamodā* (*ajavāyan*), *gaja pippalī, pārijātaka* and other *vāta*-alleviating ingredients.

Therapeutic Uses : Useful in joint pain, sciatica, all types of pain like arthritis, osteo-arthritis, gout, rheumatoid arthritis, muscular & skeletal pains as well as oedema.

Mode of Administration : Boil 5-10 gms. of *kvātha* (dry decoction) by adding 400 ml. of water till it is reduced to 100 ml. & then strain out. To be taken in empty stomach in the morning & at bed time.

For more & special benefit : Take any *vāta*-alleviating medicine along with this decoction.

For severe pain & oedema : Use this decoction for bath & fomentation.

Method of Steam Bath with this *Kvātha* :

1. For taking steam bath, boil this medicine by adding 1-1½ l. of water in a pressure cooker. When steam is prepared, remove the weight (whistle) & fit a rubber pipe (used for gas stove) on that place. Now steam will come out from the other side of the pipe, which should be used for affected part of the body. Care should be taken & body should be protected from the direct hot water sprinkling out with the steam. So a piece of cloth should be tied on the opening of pipe. After taking steam, the remaining water may be used for fomentation by pouring moderate hot decoction on the painful part.
2. If one doesn't want to steam the affected part, he may foment in another way. For this, boil the medicine in 3-4 ltrs. of water till half of it remains. Then soak a piece of cloth in this moderately warm water, and the affected part of the body should be fomented with the help of this cloth.

DIVYA PīDĀNTAKA TAILA

Main Ingredients : *vatsanābha*, *madhu-yaṣṭī*, root of *pippalī* (long pepper), rock-salt, *vacā*, *gaja-pippalī*, *jaṭā-māṇīśī*, *nāga-keśara*, *haridrā*, *dāru-haridrā*, *teja-patra*, *bhringa-rāja*, *mañjiṣṭhā*, root of *palāśa*, *puṣkara-mūla*, *sugandha-bālā*, *śatāvarī*, *śuṇṭhī* (dry ginger), seed of *śata-puṣpā*, root of *citraka*, *miśreyā* (saunf), root of *eraṇḍa*, root of *arka*, *dhattūra*, *ajavāyan*, *kupīlu*, *jyotiṣmatī* (*mal-kāngani*), *gandha-prasāraṇī*, *rāsnā*, *nirgunḍī*, *laśuna*, cow's milk, curd (yoghurt), *daśa-mūla*, *jīvaka*, *medā*, *vṛddhi*, *kākolī*, *kṣīra-kākolī*, sesame oil, etc.

Therapeutic Uses : Relieves immediately joint pain, pain of lumbar region and knee-joints, cervical spondylitis, slip disc, trauma & different types of pain, oedema & inflammation.

Mode of Administration : Only for external use; massage should be done gently. Always do gentle massage towards heart by putting moderate pressure.

DIVYA YAUVANĀMṛTA VATĪ

Main Ingredients : *jaṭī-patrī*, *jaṭī-phala*, *keśara*, *jūnda bedastara*, CC-0, Panini Kanya Maha Vidyalaya Collection.

Digitized By Siddhanta eGangotri Gyaan Kosha
svarṇa-bhasma, seed of *ātma-guptā* (*kaunch*), *ākārakarab*_h
(akarakarā), seed of *balā*, *śatāvara*, *makaradhvaja*, etc.

Therapeutic Uses :

1. Exceedingly strength promoting & nourishing for persons whose body is exhausted & emaciated and also useful for persons who are entering into old age.
2. Strengthens heart & brain, promotes sexual desire, and makes the body active. It is an aphrodisiac.
3. The best spermatogenetic, strength promoting, nourishing aphrodisiac, promoter of *ojas* (vital essence), *tejas* (splendour, lustre & youthfulness as well as curative of impotency.

Mode of Administration : To be taken in the morning and in the evening or at night with hot milk.

Dosage : 1-2 tab., twice a day.

DIVYA MADHUNĀŚINĪ VATĪ

Main Ingredients : extracts of *amṛtā*, *jambū* (blackberry), *kuṭākā*, *nimba*, *kirāta tikta* (*chirāyatā*), *guḍamāra*, *kāravellaka* (bitter gourd), *kuṭaja*, *gokṣhura*, *karcūra*, *haridrā*, *kāla-megha*, fruit of *babbūla*, *kṛṣṇa jīraka*, *ativiṣā* (pungent var.), *aśvagandhā*, *bilva*, *triphalā* (a collective name for *harītakī*, *bibhītakī* & *āmalakī*) and adventitious roots of *vāṭa*, *śilājatu*, *methikā*, etc.

Therapeutic Uses :

1. Activates pancreas and helps it secrete balanced quantity of insulin, by which extra glucose gets converted into glycogen.
2. Removes weakness & irritation, as well as increases the capacity of brain by making it strong.
3. Cures the numbness of hands & feet and makes the nervous system strong.
4. Removes the complications like exhaustion, weakness & tension caused by diabetes.
5. Protects the patient from morbid thirst, frequent urination, loss of weight, blurred vision, tingling sensation, tiredness, infections of skin, gums & urethra.
6. Strengthens immune system & increases hope as well as self confidence.

Mode of Administration :

- i. Take it one hour before breakfast and dinner or after breakfast and dinner with lukewarm water or milk.
- ii. If the patient takes insulin or allopathic medicine, then he should get examined the level of his blood-sugar two weeks after the intake of this medicine, i.e. '*Madhu-nāśinī*'. As the level of sugar becomes normal, the dose of allopathic medicine should be reduced gradually.
- iii. After the stoppage of allopathic medicine, as the level of blood sugar is reduced and becomes normal, the dose of '*Madhunāśinī*' should also be reduced gradually.

Dosage : 2-2 tabs. twice a day.

DIVYA MADHUKALPA VATĪ

Main Ingredients : same ingredients as used in *Madhunāśinī* in fine powder form (not the extracts). Powders of all these ingredients are mixed to make tablets.

Therapeutic Uses : Same as mentioned in '*Madhunāśinī*' vati (medicine no. 19).

Mode of Administration : Same as mentioned in '*Madhunāśinī*'.

DIVYA MUKTĀ VATĪ

Main Ingredients : A celestial medicine prepared with pious herbs found in Himalayas, like *brāhmī*, *śaṅkha-puṣpī*, *ustūkhūdūsa* (Arabian or French Lavender), *arjuna*, *puṣkara-mūla*, *jaṭā-māṁsi*, *sarpa-gandhā*, *jyotiṣmatī*, *vacā*, *aśvagandhā* and other cooling drugs like *motī-piṣṭī* (*muktā piṣṭī*).

Therapeutic Uses :

1. Absolutely free from side-effects.
2. Cures high blood pressure caused by any reason either due to kidney-disorder or heart disease or increased cholesterol, anxiety, tension or hereditary reasons.
3. Also cures associated complications, like insomnia, feeling of uneasiness, palpitation, pain in the chest and head. There is no need to take any extra medicine to get rid of these complications. Intake of this '*Muktā Vatī*' doesn't produce excessive sleep in

Digitized By Siddhanta eGangotri Gyaan Kosha
presons who already have normal sleep.

4. There is no need to take allopathic or any other medicine along with the administration of '*Muktā Vati*'. If a patient already takes any other medicine he may stop that unhesitantly. If a patient has been taking other medicine for a long time, and is habitual of taking that medicine, then he should gradually reduce the dose of that medicine along with the intake of '*Muktā Vati*'. Thereafter, he can stop that former medicine gradually.
5. *Muktā Vati* also gives immediate realief to those patients whose blood pressure doesn't become normal even by taking allopathic medicine and who are suffering from insomnia (sleeplessness) as well as uneasiness.
6. Allopathic medicines give only temporary relief, as they are not able to root out the disease, whereas '*Muktā Vati*' cures the disease for ever within the short period of one or one and half year. It normalizes the blood pressure and there is no need to take any other medicine.
7. In exceptional cases, if one has to take '*Muktā Vati*' for a long time even then there is no harm as it doesn't produce any side-effect.

Mode of Administration & Dosage :

- i. If B.P. is 160/100 mm Hg. or more while taking allopathic med.: 2-2 tabs. Thrice a day—one hour before breakfast and lunch and dinner with fresh normal water.
- ii. If B.P. is 140/90 mm Hg. while taking allopathic med. : 2-2 tabs twice a day—one hour before breakfast and dinner.
- iii. It will be more effective if tab is chewed first and then water is taken. Allopathic medicine should be stopped when B.P. becomes normal.

Note : If the patient is taking allopathic med. then he should check his B.P. after starting '*Muktā Vati*'. When B.P. becomes normal even without taking allopathic med., the allopathic medicine should be discontinued. If the patient is habitual of taking allopathic medicine for a long time, then the dosage should be reduced gradually, and then stopped. Meanwhile 2 tabs. of '*Muktā Vati*' (after breakfast or lunch) should be continued. If by taking '*Muktā Vati*' (2 tabs.) once a day, B.P. becomes normal for some period, then dosage should be reduced to one tab. per day in the morning. This will stablize B.P. at the normal level. Dose of one tab. (once a day) should be continued for some

Digitized By Siddhanta eGangotri Gyaan Kosha
 time. Then B.P. will become 120/80 mmhg. or less. Now the dose of 'Muktā Vati' should be reduced to one tab. twice a week, and then one tab once a week. Thereafter, the medicine should be stopped. Now B.P. will remain normal and the patient will be healthy and fit.

Prescriptions :

1. Take light and digestive food.
2. Take 2 to 4 tumblers of water early in the morning.

Prohibitions : Take salt in small quantity. In place of sea-salt, rock-salt should be taken.

DIVYA MEDHĀKVĀTHA

Main Ingredients : *brāhmī, śaṅkha-puṣpī, aśvagandhā, jaṭā māṁsi, ustēkhaddūsa* (Arabian or French lavender), *jyotiṣmatī (malkānganī), miśreyā (saunf), gojihvā (gājaban)*, etc.

Therapeutic Uses :

1. Cures chronic headache, migraine, sleeplessness or lack of sleep, negativity and depression.
2. Cures uneasiness.
3. Promotes memory.

Mode of Administration : Prepare decoction according to the procedure. (Boil 5 – 10 gm. of medicine by adding 400 ml. of water till it is reduced to 100 ml. and strain it out) and take twice a day in the morning and evening.

Produces better and instantaneous effect if *Medhā Vati* is also taken with this decoction.

DIVYA MEDHĀ VATĪ

Main Ingredients : extracts of *brāhmī, śaṅkha-puṣpī, vacā, jyotiṣmatī, aśvagandhā, jaṭā māṁsi, ustēkhaddūsa* (Arabian or French Lavender), *puṣkara-mūla*, etc. and *pravāla piṣṭī, motī (muktā) piṣṭī, rajata bhasma*, etc.

Therapeutic Uses :

1. This tablet cures several brain disorders like, loss of memory, constant headache, loss of sleep (sleeplessness), irritated/cranky mood, epilepsy, etc. It also keeps the head cool.
2. Cools down the brain.

3. Cures excessive dreams, depression due to negative thinking, and uneasiness.
4. Very useful in loss of memory in old persons and forgetting anything all of a sudden, but doesn't produce any side-effect.
5. Promotes self-confidence and enthusiasm.
6. Very useful & beneficial for students & intellectuals, it is the best mental tonic, should be used regularly for promoting memory & wisdom.

Mode of Administration : Take 1-2 tablets empty stomach in the morning, with milk or after breakfast with water, and in the evening after dinner, with water or milk.

Dosage : 1-2 tabs, twice daily.

DIVYA AMRTA RASĀYANA (LINCTUS)

Main Ingredients : paste of *āmalakī*, cow's ghee, *keśara*, *brāhma*, *śaṅkha-puṣpī*, almond, *vamśa-locana*, *elā*, *tvak* (cinnamon), *śatāvānī*, seed of *kapi-kacchū*, *pravāla piṣṭī*, etc.

Therapeutic Uses :

1. Exceedingly useful rejuvenator that gives full nourishment to the brain, intellect promoting, cooling & promoter of strength, nourishment as well as health of the whole body.
2. Nourishes the body, promotes lustre & useful for eyes.
3. Cooling & rejuvenating which is to be particularly administered in summer season.
4. An excellent tonic for students & intellectuals.

Mode of Administration : To be taken with milk or with meals as pickle in the morning & evening.

Dosage : 1-2 teaspoonfuls (10 gm. - 20gm.) twice a day.

DIVYA MEDOHARA VATĪ (WEIGHT LESS)

Main Ingredients : pure *guggulu*, *śilājīta sat* (extract of mineral pitch), solid extracts of *harītakī* or *harad*, *bibhītaka* or *bahedā*, *āmalakī*, *kūṭakī*, root of *punarnavā*, *trivṛt* or *nishoth*, *viḍāṅga*, etc.

Therapeutic Uses :

1. First removes the disorders of digestive system and then reduces the extra fat & makes the body beautiful, compact, radiant & active.
2. Especially useful in thyroid disorders (hypo & hyper thyroid).

rheumatic arthritis, joint pains, pain in lumbar region and knee joints.

3. Digests the *medas* (fat) of the body & nourishes the successive tissue elements, viz. bone, bone-marrow & *śukra* (semen). In other words, it converts the fat into other tissue elements as a results of which the body becomes healthy & compact. It doesn't produce any adverse effect.

Mode of Administration : Half an hour before meals or one hour after meals with hot water.

Dosage : 1-2 tabs. twice or thrice a day, according to the weight of the body.

Precautions :

1. Sweet things & ghee (clarified butter); and
2. Fried food, food prepared with fine-flour (*maida*) & things which promote fat.

Take : Hot water early in the morning as well as for drinking.

DIVYA ŚVĀSĀRĪ RASA

Main Ingredients : *pravāla piṣṭī, abhraka bhasma, muktā-śukti bhasma, ṭaṅkaṇa bhasma, sphatika bhasma, godantī bhasma, kapardaka bhasma, śṛṅga bhasma, manahśilā* (pure), root of *ākāra-karabha*, *lavaṅga* (clove), *tvak* (cinnamon), pure *vatsanābha*, powder of *trikāṭu* (collective name for *śunṭhī* or dry ginger, *pippalī* or long pepper and *marica* or black pepper), *karkaṭa śṛṅgī*, *madhu yaṣṭī*, fruit of *rudantī*, etc.

Therapeutic Uses :

1. Intake of this medicine makes the cells of lungs more active, and removes the inflammation of bronchioles & bronchi. So lungs become capable to take more oxygen and the patient gets rid of chronic diseases like bronchitis.
2. An expectorant by the intake of which phlegm adhered in lungs comes out easily and there is no further formation of phlegm.
3. Promotes the immune power of lungs, and cures cough, coryza, cold, asthma, sneezing, heaviness in head and sinusitis.
4. An excellent tonic for lungs to nourish them.

Mode of Administration : To be taken half an hour before meals with

Digitized By Siddhanta eGangotri Gyaan Kosha
honey or warm water can be taken after meals also.

Dosage : 500 mg. to 1 gm., twice or thrice a day.

Note : If there is severe attack of dyspnoea, then following medicines should be added to 50 gm. of *Śvāsāri Rasa* :

<i>sṛṅga bhasma</i>	:	10 gm.
<i>abhraka bhasma</i>	:	10 gm.
<i>pravāla piṣṭī</i>	:	10 gm.

This will be more effective and give quicker relief.

DIVYA STRĪ RASĀYANA VATĪ

Main Ingredients : *putrañjīvaka*, *śveta candana*, *kamala*, *dāru-haridrā*, *vamśa-locana*, *pravāla piṣṭī*, *śilājatu* (mineral pitch), *śatāvarī* seeds of *śivalīngī*, *pārasa pīpala*, *madhu-yaṣṭī*, *triphalā* (collective name for *harītakī*, *bibhūtakī* & *āmalakī*), *ambara-dhāna*, *bījābandha* (seeds of *balā*), *āmalaka*, *aśoka*, *mayūra-piccha bhasma*, *nāga keśara*, *āsvagandhā*, *deva-dāru*, *guggulu* (pure), etc.

Therapeutic Uses :

1. Cures all types of diseases of women viz., leucorrhoea, menorrhagia, irregularity in menstruation, pain in lower abdomen or lumbar region.
2. Very useful in excessive bleeding during menstruation; cures all types of female diseases if taken regularly for some time.
3. Useful in curing wrinkles on the face, dark circles below eyes, feeling of exhaustion in the body & laziness.

Mode of Administration : To be taken after food with milk/water.

Dosage : 1-2 tabs, twice or thrice a day.

DIVYA HRDAYĀMRTA VATĪ

Main Ingredients : extracts from bark of *arjuna*, *amṛtā*, *āsvagandhā*, *rāśnā*, *nirgundi*, *punarnavā*, *citraka*, *mustā* (*nagar motha*), *hīraku*, *bhasma*, *sṛṅga bhasma*, *akīka piṣṭī*, *saṅge yaśada piṣṭī*, *muktā* - *piṣṭī*, *rajata bhasma*, *śilājīta sat*, *guggulu* (pure), etc.

Therapeutic Uses :

1. Strengthens the heart, removes blockage of the arteries of heart & controls the increased cholesterol.
2. Instantaneously relieves the frequent occurrence of angina pain.
3. Activates the inactive capillaries of heart; promotes its work.

Digitized By Siddhanta eGangotri Gyaan Kosha
capacity, and removes uneasiness & palpitation.

4. Exceedingly helpful in keeping the heart healthy after removing the blockages of heart.
5. Also useful after the surgery of heart to keep it normal & healthy.

Mode of Administration : To be taken in the morning & evening with lukewarm milk/water or the decoction of the bark of *arjuna*.

Dosage : 1-2 tabs twice a day.

Method of Preparation of Arjuna-bark Drink : Boil 2-3gm. (1/2 teaspoon approx.) of the *arjuna*-bark with one cup of milk and one cup of water till one cup remains, and then strain out. Alternatively, *arjuna*-bark can be boiled only by adding two cups of water, i.e. without milk.

Note : If a patient is taking allopathic medicines, he should reduce the dose gradually under the supervision of his doctor, as he feels better after the intake of *Hṛdayāmṛta*.

DIVYA VĀTĀRI CŪRNĀ

Main Ingredients : *sunthī* (dry ginger), *aśvagandhā*, *śobhāñjana* (sweet var.), *kuṭakī*, *methī*, etc.

Therapeutic Uses :

1. Very useful in all types of *vāta-roga* (diseases caused by the aggravation of *vāta-doṣa* and *āma-vāta* rheumatoid arthritis) in which *vāta* gets aggravated due to the accumulation of *āma* or indigested product caused by impaired digestion and metabolism, and causes pain in the joints of body.
2. It is an anodyne and it cures *āma-vāta* (rheumatoid arthritis), sciatica, pain in back as well as in lumbar region.

Mode of Administration : Take after food with hot water or milk.

Dosage : 2-4 gms. twice a day.

DIVYA ŚILĀJĪTA RASĀYANA VATĪ

Main Ingredients : *silājatu*, *aśvagandhā*, *bhūmyāmalakā* or *bhumi amala*, *triphalā* (collective name for *harītakī*, *bibhūtakī* & *āmalaka*), etc.

Therapeutic Uses :

1. Produces positive effect on *vātavahinī nādī* (nervous system), kidneys and channels which carry *vīrya* (semen).

Digitized By Siddhanta eGangotri Gyaan Kosha

2. *Vata*-alleviating, promoter of strength and the quantity of semen.
3. Particularly useful in night fall (*svapnadoṣa*), *prameha* (obstinate urinary disorders including diabetes) and leucorrhoea.

Mode of Administration : To be taken after food with lukewarm milk / water.

Dosage : 2 tabs. twice a day.

DIVYA SARVA-KALPA KVĀTHA

Main Ingredients : *punarnavā*, *bhūmyāmalakī*, *āragvadha* (*amaltas*), *kākamācī* (*makoy*), etc.

Therapeutic Uses :

1. By the intake of this decoction liver gets stimulated and starts doing its work perfectly.
2. Due to the intake of polluted or packed food, polluted drinks (soft drinks, cold drinks, tea, coffee, etc.), different types of poisonous chemicals get accumulated inside our body which results in the sluggishness (inactivity) of the liver. It gives rise to different types of diseases including jaundice. Jaundice may also be caused due to the hepatitis B & C. This *Sarva-kalpa Kvātha* activates the liver and makes it healthy after curing the chronic stages of hepatitis B & C.
3. Cures jaundice, enlargement and swelling of liver, oedema, oliguria, oedema all over the body, pain abdomen, indigestion and loss of appetite.

Mode of Administration : Boil one teaspoonful (5gm. approx.) of this *kvātha* with one tumbler (300 ml. approx.) of water to one-fourth. After straining out it should be taken in empty stomach in the morning, one hour before dinner or at bed time. If the patient is suffering from constipation then 8–10 *munakkās* (raisins) should be added while boiling.

DIVYA KĀNTI LEPA

Main Ingredients : seeds & leaves of *madayantikā* (henna), *āmra gandhi haridrā* (*amba haldi*), *haridrā* (turmeric), *mañjiṣṭhā*, *jātī-phala*, *śveta candana*, *tagara* (*sugandha bālā*), *sphaṭika bhasma*, *samudra phena* (cuttle fish), *khadira*, *karpūra*, etc.

Therapeutic Uses :

1. Instantaneously cures skin-disorders, viz. pimples, acne, wrinkles on face, loss of radiance, darkness, etc.;
2. Application of this paste allays all the complaints of skin; the skin again becomes healthy; natural beauty of face reappears; it also promotes radiance on the face.

Mode of Administration : Take one teaspoonful of this powder, make a paste by adding either rose-water or unboiled milk, then apply on the face, allow it to remain for 3-4 hours and wash the face with lukewarm water.

DIVYA VRIKKADOSHAR VATI

Main ingredients : Flowers of Flame of forest or palash (Dhak phool), Fumaria vaillantii (pitta papadā)

Macrotylona uniflorus (Kulthi), Prickly Chaff Flower (Apāmārg), Cichorium intybus or Chicory (Kāsāni), Ficus religiosa (Peepal), Makoyadana, Tribulus terrestris (gokharu dana), Pulp of Cassia fistula (amaltas), balāmool, Silver saxifrage (Pāshānbheda), Crataeva nurvala or three leaved caper (Varun chal), Tribulus terrestris (Gokshur), Spreading Hogweed (Punarnava), bark of neem.

Properties :

1. Its dosage is beneficial in curing renal calculi, stones in urinary bladder and urinary tract.
2. It is very effective in the treatment of chronic renal failure.

Dosage : As per the requirement take 1-2 tablets with vrikkadoshhar kvatha twice a day.

Note : It is advised that this tablet is taken under proper medical supervision.

GHRIT KUMARI RUS (ALOE VERA JUICE)

It is extremely beneficial in maintaining the digestive system and curing major disorders of women, gas, acidity; constipation, Arthritis, cancer, colitis; gonorrhoea (Dhatu rog), leucorrea (shweta pradar), Dysfunctional Uterine Bleeding (rakta pradar). If Aloe vera and Indian Gooseberry (Amla) juice is taken empty stomach in the morning, and after dinner in the evening, it acts as a rejuvenator and one can lead a healthy life for more than 100 years.

Digitized By Siddhanta eGangotri Gyaan Kosha

Dosage: Every morning, take 25 to 50 ml of the Aloe vera juice followed by lukewarm water. It can also be taken in the evening along with water.

Aloe Vera juice can also be taken mixed with Indian Gooseberry (Amla) juice or Sorghum (Jowar) juice.

DRISHTI EYE DROP

Put 2 drops in the eyes regularly. It helps cure cataract. In case of glaucoma, it helps in lowering the intraocular pressure which subsequently results in curing the disorder. It is a miraculous medicine which can help cure several eye disorders like, poor vision at young age, allergy of eyes, glaucoma, cataract, double vision, color vision, Retinitis pigmentosa, night blindness, and uvititis.

Dosage: Put 1 to 2 drops in the eyes every morning and evening. For children, mix rose water in the drops and then put in the eyes. Add 5 drops of drishti eye drop in 5 ml of rose water and store it for regular use.

AMLĀ RAS (INDIAN GOOSEBERRY JUICE)

In case of premature graying of hair, poor hair growth, hair fall and baldness and all other hair disorders and for improving the eye sight and all other eye disorders, amlā ras is one of the best known medicines. Its regular use can help maintain the balance of functions of digestive system, respiratory system, excretory system and reproductive system. It is anti ageing and improves the immunity of the body. It is considered as a 'rasayana, the rejuvenator', which helps to increase strength, immunity and vitality. It is used to maintain health of a healthy person and for treatment of patients. Ayurveda describes Amlā as amrit which means free from death'. It is sheet virya and hence is very effective in pitta related disorders. It acts on all the doshas (Vata, pitta and Kapha) and cures the disorders. Its regular intake improves the glow of skin and also strengthens immunity.

Dosage: Take 25 to 50 ml of the juice mixed in lukewarm or normal water in the morning. It can also be mixed with Aloe vera juice. This mixture is useful in curing disorders like acidity, constipation and indigestion. Amlā juice can also be taken in the evening after dinner.

Classical Medicines

DIVYA ŚILĀJĪTA SAT

Source of Main Ingredient : A celestial exudation (resin) which trickles out from high Himalayan range, it naturally contains fine mixture of seven metals like gold, silver, iron, etc.

Therapeutic Uses : Indian scriptures have lot of praise written for Shilajit (Fulvic Acid).

"na soasti rogo bhuvi sādhyaroopah shilāhvayam yam na jayet prasahya"

That is, in this world, there is no disorder of the human body (be it caused due to rasa or dhatu), that cannot be treated by Shilajit.

1. Shilajit is a 'rasāyana, the rejuvenator', which helps to increase strength, immunity and vitality of the body. Shilajīt is also comprehensively used to cure in the cure of diabetes mellitus (DM) and normalizes the blood glucose level. The weakness caused due to over coming from long-drawn-out sickness or disorders like diabetes or memory loss, can be cured with Shilajīt.
2. It relieves all types of pain caused due to arthritis, cervical spondylitis, Sciatica, joint pain, swelling, tremors due to vata (kampvāta).
3. It is a powerful medicine for treating cold, cough, breathing problems, asthma, weakness of lungs, tuberculosis, weakness of bones, physical weakness, and vitality related disorders.
4. All men, women and children can take this rasāyana. It improves the body immunity and resistance power.

Mode of Administration & Dosage : Śilājīta available in the Trust (Divya Yog Mandir) is absolutely pure, so it is very effective. Its dosage is prescribed as follows :

1. **In summer season :** Equal to one moong seed, twice a day.
2. **In winter :** 1-2 gms., twice a day.
3. **In general :** 1-2 drops, twice a day.
4. **To be taken with hot milk.** People who do not take milk can take along with hot water also.

DIVYA MUKTĀ PIṢṬĪ (Ayurveda Sāra Saṅgraha)**Therapeutic Uses :**

1. Cures *rakta-pitta* (bleeding from various parts of the body), weakness, headache, aggravation of *pitta*, burning sensation *prameha* (obstinate urinary diseases including diabetes) and *mūtrā-kṛcchra* (dysuria). It is cooling.
2. Instantneously cures aggravation of *pitta*, acidity, burning sensation in urethera & all over the body, insomnia, harshness in speech, irritation, increased heat (warmth) in the brain, aversion from food; particularly useful in increased heart-beat (palpitation) & insomnia (sleeplessness). Also useful in giddiness caused by stroke of brain-veins due to excessive anger, excessive awakening, excessive reading, exposure to the sun & excessive intake of *paitika* food ingredients (*pitta*-aggravating ingredients).
3. Exceedingly beneficial in bleeding from nose, mouth & rectum due to exposure to strong sun or fire during summer, burning sensation in head, eyes & all over the body as well as uneasiness.
4. Relieves complication (like burning syndrome, morbid thirst, fever, discomfort, etc.) associated with consumption caused by aggravated *pitta*, & burning in throat as well as sour eructations due to hyper-acidity .

Mode of Administration & Dosage : 1-4 *rattis* (125mg.-500mg.), twice a day on empty stomach along with butter, milk-cream, honey, *cyavana prāśa*, *gulkand*, *āmalā murabbā* or *brāhmī sharbat*.

DIVYA SVARNA BHASMA (Rasa Tarangini)**Therapeutic Uses :**

1. Gold (*svarna*) is the best among metals. *Bhasma* (calcined powder) prepared with this metal, i.e. *Svarna-bhasma*, is also exceedingly useful to cure psycho-somatic diseases. It produces miraculous effect in almost all diseases, but some diseases like tuberculosis do not get cured without this medicine.
2. Medicines prepared by adding *svarna-bhasma* cure poisonous diseases, weakness, *dhātu-kṣaya* (wasting of tissue elements), chronic arthritis, kala-azar and malaria. It also cures the patients who are emaciated and do not get cured otherwise.

- Though *Svarṇa-bhāṣma* is powerful, it is a non-invasive substance. It purifies the vitiated (polluted) blood, nourishes the heart & makes the brain, mind, nervous system, kidney & other bodily organs active resulting in the promotion of splendour & lustre of the body. It generates new spirit (vitality) in the body & enthusiasm in the mind.
- After promoting immunity in the body, this *bhāṣma* destroys the heterogenous substances therein.

DIVYA CYAVANA PRĀŚA (Bhaiṣajya Ratnāvalī)

Mode of Administration : Twice in empty stomach, milk should be taken after half an hour.

Therapeutic Uses :

- Cyavana prāśa* is useful not only for patients but also as an excellent rejuvenator (tonic) for healthy persons.
- It removes physical & mental weakness caused by any reason, strengthens lungs as well as heart. After curing cough, phlegm and bronchitis, it makes the body nourished & compact.
- After nourishing the seven *dhātus* of the body or tissue elements, viz.(1) *rasa* or chyle including lymph, (2) *rakta* or the haemoglobin fraction of the blood, (3) *māṃsa* or muscle tissue, (4) *medas* or fat tissue, (5) *asthi* or bone tissue, (6) *majjā* or bone-marrow, and (7) *śukra* or the sperm in male & ovum in female, it promotes strength, virility, energy, lustre & intellect.
- People of all age-groups and gender, including children, women & old persons, can take this medicine.

Dosage : 1-2 teaspoonful (1.5-2.5 *tolās* or 15gm.-25gm.), twice a day.

DIVYA CANDRAPRABHĀ VATĪ (Bhaiṣajya Ratnāvalī)

Therapeutic Uses :

- Very famous & useful medicine for the diseases of urinary organs & uterus as well as seminal disorders.
- Cures *mūṭra-krcchra* (dysuria) caused by prostate enlargement, suppression of urination, joint pains, arthritis, cervical spondylitis

Digitized by srujanika@gmail.com

sciatica, weakness, stone in urinary tract, all types of *prameha* (obstinate urinary diseases including diabetes), *bhagandara* (fistula-in-ano), testicle enlargement, anemia, *kāmalā* (serious type of jaundice), piles & lumbar pain; promotes fluid and nourishment in the body.

3. Promotes strength, nourishment & lustre, produces gradual & permanent effect in *prameha* (obstinate urinary disorders including diabetes) & complications arising out of it; cures seminal disorders caused by gonorrhoea and syphilis.
4. Brings about lustre in men & women who have become lustreless due to excessive seminal discharge & menstruation respectively.
5. Nourishes tissue elements (*rasa, rakta* etc.) in the patients suffering from weakness (emaciation) & paleness of body, suppression of the power of digestion, dyspnoea caused by little exertion shrunken eyes & anorexia (loss of appetite); alleviates *vāta* and makes the body lustrous as well as radiant by nourishing it.

Mode of Administration : To be taken with hot water/milk or with any other medicine according to requirement of the patient.

Dosage : 2-4 tabs., twice or thrice a day.

DIVYA VASANTA KUSUMĀKARA RASA (Bhaiṣajya Ratnāvalī)

Therapeutic Uses :

1. A marvellous excellent rejuvenator which is energetic & cardiac tonic; cures excessive urination, all types of *prameha* (obstinate urinary disorders including diabetes), *soma-roga* (diseases of female genital organ), leucorrhoea, disorders related to female genital organs and uterus, thinness of semen, premature ejaculation as well as other complaints related to semen. It is an effective medicine for curing wasting caused by the excessive wastage of semen.
2. Cures weakness of heart, lungs & brain, colic pain, *rakta-pitta* (bleeding from different parts of body), cough, bronchitis, dyspnoea (asthma), sprue syndrome, menorrhagia, leucorrhoea, anemia and weakness in old age after curing the disease.
3. Very famous medicine for diabetes mellitus.

Digitized By Siddhanta eGangotri-Gyaan-Kosha

Mode of Administration : Take 1 to 2 Ratti (1 Ratti=0.11 Gm) with butter, milk cream, honey or milk every morning and evening.

Dosage : 2-4 *rattis* (250mg.-500mg.), twice daily.

DIVYA BĀDĀMA PĀKA

(Rasa-taraṅgiṇī Sāra & Siddha Prayoga-saṅgraha)

Therapeutic Uses :

1. Nourishing and rejuvenating; cures mental and cardiac weakness, diseases caused by aggravation of *pitta*, & eye-disease.
2. A miraculous medicine for headache; should be taken regularly by intellectuals.
3. Nourishes the body; promotes strength, semen & radiance; and is very useful in sterility, *dhvaja-bhaṅga* (atonic condition of the phallus) & nervous weakness.

Mode of Administration : To be taken in the morning & evening with cow's milk or water.

Dosage : 1-2 *tolās* (10-20gms.), twice daily.

Self-Experienced Treatment of Some Diseases

INITIAL INSTRUCTIONS & INDICATIONS

Following recipes described according to the diseases are tested through the medicines prepared in 'Divya Yog Mandir (Trust)' only. These medicines have been prepared in the pharmacy, and tested in the laboratory of the Ashram.

The dose and the mode of administration of a particular medicine can be changed according to the nature of disease and the patient. If after the intake of medicine any patient suffers from heating sensation and diarrhoea, then the dose should be reduced to half or one-fourth. In the cases of acute, chronic and incurable diseases, it is necessary to consult the physician before starting the medicine.

[For the attainment of full benefit (as mentioned), intake of medicine as well as regular practice of *Yoga & Prāṇāyāma* (breathing exercise) prescribed by honourable Swami Ramdevji should be performed simultaneously, which is very essential.]

OBESITY

DIVYA MEDOHARA VATĪ (Weight less): 1-2 tabs., twice a day half an hour before or after breakfast & dinner.

Anupāna : Lukewarm water.

Patient suffering from constipation should take 1 teaspoonful (5gms.) of *triphalā cūrṇa* (powder) regularly at bed time with warm water.

MADHUMEHA (DIABETES MELLITUS)

1. **DIVYA MADHUNĀŚINĪ VATĪ** : 2-2 tabs., twice or thrice a day. Take half an hour either before or after the breakfast, lunch & dinner with water / milk. Be careful and regular about *Prāṇāyāma* (breathing exercise) & *pathya* (diet & regimens which are to be taken or avoided).

(For details : See description of 'Divya Madhunāśinī Vati', ref.: Ch.- I, Page no. 10) Janini Kanya Maha Vidyalaya Collection

Digitized By Siddhanta eGangotri Gyaan Kosha

2. **DIVYA SILAJITA** : 1-1 drop, twice a day. To be taken in the morning & evening in empty stomach with warm milk.

HIGH BLOOD PRESSURE (UCCA-RAKTA-CĀPA)

DIVYA MUKTĀ VATĪ : 1-2 tabs., twice a day. To be taken in the morning in empty stomach and in the evening half an hour before dinner with water.

[For details : See description on 'Divya Muktā Vatī', ref. : Ch. I, Page no. 11]

PIMPLES OR ACNE VULGARIS (YUVĀNA PĪDIKĀ)

1. **DIVYA KĀYĀ-KALPA VATĪ** : 2-2 tabs., twice a day. To be taken in the morning one hour before breakfast and in the evening one hour before dinner with water.
2. **KHADIRĀRISTA** : 4 teaspoonful, twice a day. To be taken after lunch (or breakfast) & dinner by adding 4 teaspoons of water.
3. **DIVYA KĀNTI LEPA** : Make a paste by adding rose-water, unboiled milk or water; apply on the face & wash with lukewarm water after two or three hours; alternatively it can be applied at night & washed in the morning.

Note : Patient who suffers from constipation should take any laxative, viz *Triphalā* powder, '*Udara-kalpa cūrṇa*' or '*Divya cūrṇa*' regularly.

LEUCODERMA (ŚVETA KUṢṭHA)

1. <i>Divya Kāyākalpa Vatī</i>	20 gm.
2. <i>Divya Amritāsatta</i>	20 gm
3. <i>Divya Shuddha Bawachi Chūrṇa</i>	50 gm

Mix all the ingredients and divide them into 60 small packets. Take one packet in the morning, at least one hour before the breakfast and one in the evening, one hour before the dinner, with water. Do not take milk or milk product for at least an hour after taking the medicine.

1. **DIVYA MAHĀ MAÑJIṢTHĀRISTA** : 4 teaspoonful twice daily. Take after lunch or breakfast & dinner by adding 4 teaspoons of water.

Ashram Kanya Maha Vidyalaya Collection.

Digitized By Siddhanta eGangotri Gyaan Kosha

2. **DIVYA ŚVITRAGHNA LEPA** : Prepare a paste by mixing cow's urine & the juice of neem-leaves, then apply on the spots. Patients whom the paste does not suit and who feel heating & burning sensation after application of this paste, should avoid it.
3. **DIVYA KĀYĀ-KALPA TAILA** : 1-2 drops, twice a day. To be applied on the spots at bed-time.

OLIGOSPERMIA (DIMINUTION OF SPERMS) & OTHER GENITAL DISEASES

1. **DIVYA YAUVANĀMṛTA**
2. **DIVYA CANDRAPRABHĀ VATĪ**
2-2 tabs., to be taken in the morning after breakfast & in the evening after dinner, with milk.
3. **DIVYA ŚILĀJĪTA SAT** : 1-2 drops, twice a day. To be mixed with milk.

TUMOUR OR ADENITIS (*GRANTHI*) OR ANY GROWTH OF BODY

1. **DIVYA KĀÑCANĀRA GUGGULU**
2. **DIVYA VRDDHIBĀDHIKĀ VATĪ**

2-2 tabs., take after lunch (or breakfast) & dinner, with lukewarm water.

SPECIAL TREATMENT FOR ADENITIS OF BIG SIZE

1. **DIVYA ŚILĀ SINDŪRA** 2 gms.
2. **DIVYA PRAVĀLA PIṢTĪ** 10 gms.
3. **DIVYA AMṛTĀ SAT** 20 gms.
4. **DIVYA MUKTĀ-ŚUKTI BHASMA** 5 gms.
5. **TĀMRA BHASMA** 1 gm.

Mix all these five medicines together & divide into 60 parts (doses), take each dose twice daily in empty stomach (i.e before breakfast & dinner) with honey.

THALASSEMIA

1. <i>DIVYA KUMĀRA-KALYĀNA RASA</i>	1-2 gms.
2. <i>DIVYA PRAVĀLA PIṢṬI</i>	5 gms.
3. <i>DIVYA KAHARAVĀ PIṢṬI</i>	5 gms.
4. <i>DIVYA MOTĪ PIṢṬI</i>	2 gms.
5. <i>DIVYA AMṚTĀ SAT</i>	10 gms.
6. <i>DIVYA PRAVĀLA PAṄCĀMṚTA</i>	5 gms.

Mix all these six medicines together, divide into 90 parts & make packets. Take each packet twice daily (in the morning - one hour before breakfast & in the evening - one hour before dinner) with honey.

Note : In addition, intake of the juice of *ghṛta kumārī* (*Aloe vera*), *guḍūcī* (*Tinospora cordifolia*) & wheat-grass in empty stomach (in the morning & evening) is extremely useful.

TREATMENT OF MUSCULAR DISTROPHY & HANDICAPPED CHILDREN

1. <i>DIVYA EKĀṄGA VĪRA RASA</i>	5 gms.
2. <i>DIVYA PRAVĀLA PIṢṬI</i>	10 gms.
3. <i>DIVYA AMṚTĀ SAT</i>	10 gms.
4. <i>DIVYA SVARNA MĀKSIIKA BHASMA</i>	5 gms.
5. <i>DIVYA RASARĀJA RASA</i>	1 gm.
6. <i>DIVYA VASANTA KUSUMĀKARA RASA</i>	1 gm.
7. <i>DIVYA MOTĪ PIṢṬI</i>	2 gms.

Mix all these medicines together, divide into 90 parts, make packets and take twice in empty stomach (in the morning & evening) with honey.

1. <i>DIVYA ŚILĀJĪTA RASĀYANA</i>
2. <i>DIVYA TRAYODAŚĀṄGA GUGGULU</i>
3. <i>DIVYA CHANDRA-PRABHĀ VATĪ</i>

Take twice daily with milk. For children half tab. of each should be given.

DIVYA AŚVAGANDHĀ CŪRNA 2 gms.

CC-0, Panini Kanya Mata Vidyalaya Collection

or

DIVYA AŚVAGANDHĀRISTA 4 teaspoons

Take twice or thrice daily after meals i.e. breakfast, lunch and dinner (the first one should be preferably taken with milk & second one should be taken by adding 4 teaspoons of water).

Note : Take the juice of wheat grass + *gudūcī*, twice in empty stomach..

TREATMENT OF MENTAL RETARDATION & MONGOLOID CHILDREN

1. DIVYA MEDHĀ VATĪ – 60 gms.

1-2 tabs., twice a day. Take in the morning and evening with milk.

2. DIVYA AŚVAGANDHĀ CŪRNA –100 gms.

2 gms. twice a day Take in the morning and evening with milk along with no.1.

1. DIVYA MOTĪ PIṢTĪ	5 gms.
2. DIVYA PRAVĀLA PIṢTĪ.	10 gms.
3. DIVYA AMRTĀ SAT	10 gms.
4. DIVYA RAJATA BHASMA	2 gms.

Mix all these four medicines together, divide into sixty parts & take one dose in empty stomach twice daily with honey.

1. DIVYA MEDHĀ KVĀTHA : 300 gms.

Boil one teaspoonful (5 gms.) of this dry *kvātha* by adding one glass (300 ml.) of water till it is reduced to 1/4th, strain it out & take twice in empty stomach in the morning & evening.

MULTIPLE SCLEROSIS

1. DIVYA EKĀNGAVĪRA RASA	5 gms.
2. DIVYA MAHĀ VĀTA VIDHVAMSANA RASA	5 gms.
3. DIVYA PRAVĀLA PIṢTĪ	10 gms.
4. DIVYA AMRTĀ SAT	10 gms.
5. DIVYA BRHAD VĀTA CINTĀMANI RASA	1-2 gms.

Mix all these five medicines together, divide into sixty doses (parts) make packets & twice a day (in the morning & evening) in empty stomach, with honey.

1. <i>DIVYA TRAYODASĀNGA GUGGULU</i>	60 gms.
2. <i>DIVYA CANDRAPRABHĀ VATĪ</i>	60 gms.
3. <i>DIVYA SILĀJĪTA RASĀYANA</i>	60 gms.

Take one tablet of each twice a day, after breakfast and lunch, with milk (in the morning) & water (after lunch).

1. <i>DIVYA ASVAGANDHĀ CŪRNA</i>	100 gms.
2 gms. twice a day in empty stomach (in the morning & evening) with milk.	

GASTRIC TROUBLE & FLATULANCE

1. <i>DIVYA GASHARA CŪRNA</i> : $\frac{1}{2}$ teaspoonful, twice or as required, after lunch & dinner with warm water. Can be taken once or twice or more if required.
2. <i>KUMĀRYĀSAVA</i> : 4 teaspoonful, twice a day. Take after lunch & dinner adding 4 teaspoonful of water.
3. <i>DIVYA UDARA-KALPA CŪRNA</i> OR <i>DIVYA CŪRNA</i> : One teaspoonful to be taken at bed-time with hot water, whenever required.

Note : Diabetic patients should not take '*Divya Udara-kalpa Cūrṇa*' as it contains candied sugar, etc.

ĀMA (TOXIC BYPRODUCT), SPRUE SYNDROME & DIARRHOEA

1. <i>DIVYA GAṄGĀDHARA CŪRNA</i>	50 gms.
2. <i>DIVYA BILVĀDI CŪRNA</i>	50 gms.
3. <i>DIVYA ŚAṄKHA BHASMA</i>	10 gms.
4. <i>DIVYA KAPARDAKA BHASMA</i>	10 gms.
5. <i>DIVYA MUKTĀ-ŚUKTI BHASMA</i>	10 gms.

One teaspoonful, twice daily. To be taken one hour before lunch & dinner with water.

1. <i>DIVYA KUTAJAGHANA VATĪ</i>	40 gms.
2. <i>DIVYA CITRAKĀDI VATĪ</i>	10 gms.
2-2 tabs. from each, twice daily after lunch & dinner along with no. 3.	

1. **DIVYA KUTAJĀRISHTĀ** : 4 teaspoonful, twice daily after lunch & dinner with 4 teaspoons of water.

ULCERATIVE COLITIS

1. DIVYA MOTĪ PIŞTĪ	5 gms.
2. DIVYA ŚAṄKHA BHASMA	10 gms.
3. DIVYA KAPARDĀKA BHASMA	10 gms.
4. DIVYA MUKTĀ-ŚUKTI BHASMA	10 gms.

Mix all these medicines together, divide into 60 parts, make packets, take one packet in the morning & evening empty stomach with honey.

1. **DIVYA UDARĀMARTĀ** : 1 tab. twice a day after food with water.

2. **DIVYA BELA CŪRNA** : 1 teaspoonful, twice a day after food (lunch & dinner) with water.

3. **DIVYA SARVA-KALPA KVĀTHA** : Prepare decoction of one teaspoonful of this medicine (as prescribed before, see ch.-I, recipe no. 31), and take twice a day i.e. in the morning & evening, empty stomach.

ACIDITY & HYPER ACIDITY

1. DIVYA AVIPATTIKARA CŪRNA	100 gms.
2. DIVYA MUKTĀ-ŚUKTI BHASMA	20 gms.

Mix both these medicines together & take 1/2 teaspoonful twice daily half an hour before or after breakfast & dinner.

IN CHRONIC & HYPER ACIDITY

1. DIVYA MOTĪ PIŞTĪ	4 gms.
2. DIVYA KĀMADUDHĀ RASA (MUKTĀ YUKTA i.e. with Pearl)	20 gms.
3. DIVYA MUKTĀ-ŚUKTI BHASMA	10 gms.

Mix all these three medicines together, divide into 60 parts, make packets, and take one packet twice / thrice a day, one hour before breakfast, lunch & dinner either with honey or fresh water.

Note : If the patient is suffering from chronic hyper acidity of many complaints related to it, then he should take both the group

Digitized By Siddhanta eGangotri Gyaan Kosha
of medicines i.e. A+B. Otherwise, medicines of group 'A' are sufficient to get relief.

Avoid : Intake of brinjal, coconut, ginger, green chilli, garlic, all types of spices, chillies & sharp (hot) as well as fried food articles.

CORONARY ARTERY DISEASE

1. <i>DIVYA MOTI PIŞTI</i>	4 gms.
2. <i>DIVYA SAŃGEYAŚAVA PIŞTI</i>	10 gms.
3. <i>DIVYA AKIKA PIŞTI</i>	5 gms.
4. <i>DIVYA AMRITA SAT</i>	5 gms.
5. <i>DIVYA YOGENDRA RASA</i>	1 gm.

Mix all these five medicines, divide into 60 parts, make packets & take one packet one hour before breakfast & dinner either with honey or warm water.

1. *DIVYA HRDAYĀMRTA* – 40 gms.

1–2 tabs. twice a day in the morning & evening in empty stomach with milk / lukewarm water / decoction of *Arjuna*–bark (to be prepared as mentioned below i.e. in group 'C').

2. *DIVYA ARJUNA KVĀTHA* – 300 gms.

Boil one teaspoonful of powder with one cup of cow's milk + 3 cups of water till it is reduced to one cup, and then strain it out. Take medicine of group 'B' with this decoction.

Prohibitions : Avoid ghee, oil, fried food, heavy & fast food & preparations of fine flour (*maida*). Bowels should be clear i.e. there should be no constipation.

Note : Practice of *prāṇāyāmas* (breathing exercise), prescribed by Revered Swāmī Rāma Deva Ji is very necessary. It should be done regularly & gently.

MIGRAINE, CHRONIC HEADACHE & DEPRESSION

1. *DIVYA MEDHĀ KVĀTHA* – 300 gms.

Soak 1 teaspoonful of this powder in 400 ml. of water at night, preferably in an earthen pot. In the morning, boil it till it remains 100 ml. strain it out & take in empty stomach. For night dose, soak in the morning & boil in the same manner, & take before sleep.

1. <i>DIVYA AMRITA SAT</i>	10 gms.
2. <i>DIVYA MOTI PIŞTİ</i>	4 gms.
3. <i>DIVYA PRAVĀLA PIŞTİ</i>	10 gms.
4. <i>DIVYA GODANTİ BHASMA</i>	10 gms.

Mix all these medicines together, divide into 60 parts, make packets, take one an hour before breakfast & dinner with honey.

Note : If the disease is very chronic, then 1 – 2 gms. of *Rasaraj Rasa* should be added to group B, which will be exceedingly beneficial.

1. *DIVYA MEDHĀ VATİ* :

2 – 2 tabs., twice a day after breakfast & dinner with lukewarm water/milk.

JOINT PAIN, GOUT, KNEE-JOINT PAIN, ETC.

1. <i>DIVYA SVARNAMĀKŞIKA BHASMA</i>	5 gms.
2. <i>DIVYA MAHĀ VĀTA VIDHVAMSANA RASA</i>	10 gms.
3. <i>DIVYA PRAVĀLA PIŞTİ</i>	5 gms.
4. <i>DIVYA BRHAD VĀTA CINTĀMANI RASA</i>	1 gms.
5. <i>DIVYA GODANTİ BHASMA</i>	5 gms.

Mix all these medicines, divide into 60 parts, make packets, take one packet an hour before breakfast & dinner with honey or hot water.

Note : If there is severe pain, then the quantity of '*Brhad Vāta Cintāmani*' may be increased to 2–3 gms. In newly occurring & less pain, the above medicine excluding the last one (viz. *Brhad Vāta Cintāmani*) is also very useful.

1. <i>DIVYA YOGA RĀJA GUGGULU</i>	60 gms.
2. <i>DIVYA CANDRAPRABHĀ VATİ</i>	60 gms.
3. <i>DIVYA PUNARNAVĀDI MANDURA</i>	40 gms.
1 tab. from each to be taken after breakfast, lunch & dinner with hot water / milk.	

SCIATICA & CERVICAL SPONDYLITIS

1. *DIVYA EKĀNGAVĪRA RASA*

2. **DIVYA PRAVĀLA PIṢṬI** 10 gms.
3. **DIVYA BṛHAD VĀTA CINTĀMAṇI RASA** 1.gm.
4. **DIVYA SVARṇAMĀKSIIKA BHASMA** 5 gms.

Mix all these four medicines together, divide into 60 parts, make packets, take twice in empty stomach in the morning & evening with honey, warm water / milk.

1. **DIVYA TRAYODAŚĀṄGA GUGGULU** 60 gms.
2. **DIVYA CANDRAPRABHĀ VATI** 60 gms.
3. **DIVYA PīDĀNTAKA RASA** 40 gms.

Dose : 1 tab. from each thrice a day after breakfast, lunch & dinner with hot water/milk.

Prohibitions : Avoid curd (yoghurt), butter-milk, sour things, *māṣa* (*urad dal*), cauliflower.

SINUSITIS, ASTHMA, CHRONIC RHINITIS & CORYZA

1. **DIVYA ŚVĀSĀRI RASA** 20 gms.
2. **DIVYA ABHRAKA BHASMA** 5 gms.
3. **DIVYA PRAVĀLA PIṢṬI** 5 gms.
4. **DIVYA TRIKAṬU CŪRNĀ** 10 gms.
5. **DIVYA SITOPALADI CŪRNĀ** 25 gms.

Mix all these medicines together, divide into 60 parts, take one, an hour before breakfast & dinner with honey or warm water.

Note : For chronic patients, 2-3 gms. of *Svarṇa Vasantamālaṭī* should be added to the above medicines.

1. **DIVYA LAKṢMī VILĀSA RASA** 20 gms.
2. **DIVYA SAṄJIVANī VATI** 20 gms.

Dose : 1 tab. from each twice / thrice a day after meals, i.e., after breakfast, lunch & dinner with hot milk / water.

Prohibitions : Avoid ghee, oil, sour things, banana, ice-cream & other cold things. Always take hot water.

PSORIASIS & ECZEMA

DIVYA KĀYĀ-KALPA KVĀTHA : Boil one teaspoonful (5 gm) of
CC-0, Panini Kanya Maha Vidyalaya Collection.

Digitized By Siddhanta eGangotri Gyaan Kosha

this medicine adding 400 ml of water till it reduces to 100 ml., strain it out, & take twice in empty stomach, before breakfast & dinner.

1. <i>DIVYA RASA MĀNIKYA</i>	1 gm.
2. <i>DIVYA PRAVĀLA PIṢṬI</i>	10 gms.
3. <i>DIVYA KĀYĀ-KALPA VATĪ</i>	20 gms.
4. <i>DIVYA AMRTĀ SAT</i>	10 gms.
5. <i>DIVYA TĀLA SINDŪRA</i>	1 gm.

Mix all these five medicines together, divide into 60 parts, take one part twice in empty stomach-an hour before breakfast & dinner with honey / hot water.

DIVYA KAIŚORA GUGGULU – 60 gms.

2-2 tabs., twice a day after breakfast & dinner with water.

DIVYA ĀROGYA VARDHANĪ – 20 gms.

1-1 tab., twice a day after breakfast & dinner with water.

MAHĀ MAÑJIṢṬHĀRĪṢṬA : 4 teaspoonful twice daily. Take after food with 4 teaspoonful of water.

DIVYA KĀYĀ-KALPA TAILA : Apply externally on affected part, twice daily. If the patient suffers from diarrhoea due to the intake of (A) above, then its dose should be reduced.

CANCER (KARKAṬARBUDA)

1. <i>DIVYA KĀYĀKALPA KVĀTHA</i>	100 gms.
2. <i>DIVYA SARVAKALPA KVĀTHA</i>	200 gms.

Mix both these medicines together, boil one teaspoon (5 gms.) with 400 ml. of water till 100 ml. remains, strain it out, & take before breakfast & dinner.

1. <i>DIVYA SAṄJĪVĀNĪ VATĪ</i>	10 gms.
2. <i>DIVYA ŚILĀ SINDŪRA</i>	3 gms.
3. <i>DIVYA TĀMRA BHASMA</i>	1 gm.
4. <i>DIVYA AMRTĀ SATTVA</i>	10 gms.
5. <i>DIVYA ABHRAKA BHASMA</i>	5 gms.
6. <i>DIVYA HĪRAKA BHASMA</i>	300–500 mgs.
7. <i>DIVYA SVARNA VASANTA MĀLATĪ</i>	2–4 gms.

8. <i>DIVYA MUKTĀ PIṢṬI</i>	4 gms.
9. <i>DIVYA PRAVĀLA PAṄCĀMRTA</i>	5 gms.

Mix all these nine medicines, divide into 90 parts, take one part, one hour before breakfast, lunch & dinner with honey / hot water.

Note : If the patient is suffering from lung-cancer, then *ABHRAKA BHASMA* 5 gms, should be added to group 'B'.

1. <i>DIVYA KAṄCANĀRA GUGGULU</i>	60 gms.
2. <i>DIVYA VRDDHIBĀDHIKĀ VATĪ</i>	40 gms.

Prohibitions : 2-2 tabs from each, twice a daily after breakfast or lunch & dinner with hot water/ milk. If the patient is unable to swallow the tablet, then it should be made to a powder & dose should be reduced.

1. Cow's urine	25 ml.
2. Fresh Juice of <i>Guḍūcī</i> (<i>Tinospora cordifolia</i>)	25 ml.
3. Leaves of <i>Tulasī</i> (Holy Basil)	11 – 21 (in number)
4. Neem Leaves	5 – 7 (in number)

Note :

- (i) The patient of cancer should take the medicines of group 'D' also in addition to the above, twice a day in the morning & evening (preferably in empty stomach).
- (ii) In the case of cancer, dose may be reduced or increased according to the nature (constitution) of the patient & seriousness of the disease. If the patient is taking Chemo or Radiation therapy, even then this medicine reduces the adverse effects of the therapies, & controls the aggravation of the disease.

FIBROID UTERUS (*GARBHĀŚAYĀRBUDA*)

1. <i>DIVYA ŚILĀ SINDŪRA</i>	3 gms.
2. <i>DIVYA VRDDHIBĀDHIKĀ VATĪ</i>	10 gms.
3. <i>DIVYA KAHARAVĀ PIṢṬI</i>	10 gms.
4. <i>DIVYA MUKTĀ PIṢṬI</i>	3 gms.
5. <i>DIVYA AMRTĀ SATTVA</i>	10 gms.

6. DIVYA SPHAṬIKA BHASMA 5 gms.

Mix all these medicines together, divide into 60 parts, take one part one hour before breakfast & dinner with honey or warm water.

1. **DIVYA KĀÑCANĀRA GUGGULU** 60 gms.

2. **DIVYA STRĪ RASĀYANA VATĪ** 60 gms.

1 tab. from each, thrice daily after breakfast, lunch & dinner with water.

MENORRHAGIA (PROFUSE MENSTRUATION) & AMENORRHOEA (SCANTY MENSTRUATION)

1. **DIVYA PRAVĀLA PIṢṬĪ** 10 gms.

2. **DIVYA KAHARAVĀ PIṢṬĪ** 10 gms.

3. **DIVYA AMṚTĀ SATTVA** 10 gms.

4. **DIVYA MUKTĀ PIṢṬĪ** 4 gms.

5. **DIVYA VASANTAKUSUMĀKARA RASA** 1 gm.

Mix all these five medicines together, divide into 60 parts, take each an hour before breakfast & dinner with honey or warm water.

DIVYA STRĪ RASĀYANA VATĪ - 60 gms.

2 tabs., twice a day after breakfast (or lunch) & dinner with milk / water. Use of the leaves of *śimśapā* or *śīśama* (*Dalbergia sissoo*) is exceedingly useful in menorrhagia (excessive bleeding).

HEPATITIS A, B & C (YAKRTŚOTHA)

DIVYA SARVAKALPA KVĀTHA - 300 gms.

Boil one teaspoon (5 gms.) of this medicine with 400 ml. of water till it reduces to 100 ml., strain it out, & take before breakfast & dinner. [For details : vide. : Ch. 1, Page 18.]

1. **DIVYA PRAVĀLA PAÑCĀMṛTA** 10 gms.

2. **DIVYA KĀŚIŚA BHASMA** 5 gms.

3. **DIVYA SVARNAMĀKṢIKA BHASMA** 5 gms.

4. **DIVYA AMṚTĀ SATTVA** 10 gms.

5. **DIVYA SVARNA VASANTA MĀLATĪ** 3 gms.

Mix all these medicines together, divide into 60 parts, take one part one hour before breakfast & dinner with honey or warm water.

1. <i>DIVYA UDARAMRTA VATI</i>	60 gms.
2. <i>DIVYA AROGYAVARDHANI VATI</i>	40 gms.
3. <i>DIVYA PUNARNAVADI MANDURA</i>	40 gms.

One tab. from each, twice a day. Take after breakfast / dinner with lukewarm water / milk.

SYONAKA KVATHA – 300 gms.

Soak 10 gms. (2 teaspoons) of medicine in 300 gms. of water in an earthen vessel at night, crush it well in the morning, strain it out & take in empty stomach.

Prohibitions : Avoid oily things, fried food, sour things, citrus fruits, hot & strong spices, alcohol, tea, coffee & cold drinks.

CIRRHOSIS OF LIVER

1. <i>DIVYA SARVAKALPA KVATHA</i>	200 gms.
2. <i>DIVYA KAYAKALPA KVATHA</i>	100 gms.

Boil one teaspoonful (5 gms.) of this medicine with 400 ml. of water till it reduces to 100 ml., take twice in empty stomach, before breakfast & dinner.

1. <i>DIVYA PRAVALA PANCAMRTA</i>	10 gms.
2. <i>DIVYA SVARNAMAKSIKA BHASMA</i>	5 gms.
3. <i>DIVYA KASISA BHASMA</i>	5 gms.
4. <i>DIVYA SVARNA VASANTA MALATI</i>	2 gms.
5. <i>DIVYA AMRTA SAT</i>	10 gms.

Mix all these five medicines together, divide into 60 parts, take one part two or three times a day, before breakfast, lunch & dinner with honey or water.

1. <i>DIVYA UDARAMRTA VATI</i>	60 gms.
2. <i>DIVYA AROGYAVARDHANI VATI</i>	40 gms.
3. <i>DIVYA PUNARNAVADI MANDUR</i>	40 gms.

1 tab. from each, two / three times a day after breakfast, lunch & dinner with lukewarm water.

CHRONIC RENAL FAILURE

1. <i>DIVYA VRKKA DOSA HARA KVATHA</i>	200 gms.
--	----------

2. DIVYA SARVKALP KVATHA

200 gms.

Boil one teaspoonful (5 gms.) of the mixture of these medicines, bark of *pipala* (*Ficus religiosa*) (5 gms.) + bark of *nimba* (*Azadirachta indica*) (5 gms.) with 400 ml. of water till 100 ml. remains, strain it out, and take before breakfast & dinner.

1. <i>DIVYA AMRTĀ SATTVA</i>	10 gms.
2. <i>DIVYA VASANTA KUSUMĀKARA RASA</i>	1 gm.
3. <i>DIVYA HAJARULA YAHUDA BHASMA</i>	10 gms.
4. <i>DIVYA PUNARNAVĀDI MANDŪRA</i>	10 gms.

Mix all these four medicines together, divide into 60 parts, take one dose one hour before breakfast & dinner with honey or warm water. If patient is suffering from diabetes, then group 'B' should be taken either with group 'A' or water.

1. <i>DIVYA VRIKKDOSHHAR VATI</i>	40 gms.
2. <i>DIVYA CANDRAPRABHA VATI</i>	40 gms.
3. <i>DIVYA GOKSURADI GUGGULU</i>	40 gms.

1 tab. from both twice a day after breakfast & dinner with water. If the patient is suffering from high blood pressure, then he should take 1-2 tabs. of "*MUKTA VATI*" twice in empty stomach with fresh water or decoction in 'A' above.

HERNIA (ĀNTRA-VRDDHI)

1. <i>DIVYA TRIKATU CURNA</i>	25 gms.
2. <i>DIVYA PRAVALA PISTI</i>	10 gms.
3. <i>DIVYA GODANTI BHASMA</i>	10 gms.

Mix all these medicines together, divide into 60 parts, take one from them twice in empty stomach, one hour before breakfast & dinner with honey / hot water.

***DIVYA SARVA-KALPA KVATHA* - 300 gms.**

Boil one teaspoonful (5 gms.) of this medicine with 400 ml. of water till 100 ml. remains, strain it out & take twice in empty stomach in the morning & evening.

1. <i>DIVYA VRDDHIBADHIKA VATI</i>	40 gms.
2. <i>DIVYA KANCANARA GUGGULU</i>	60 gms.

2 tabs. from each, twice a day after lunch or breakfast & dinner.

with hot water.

EPILEPSY (APASMĀRA)

DIVYA MEDHĀ KVĀTHA

300 gms.

Boil one teaspoonful (5 gms.) of this medicine with 40 ml of water till it is reduced to 10 ml. & take twice in empty stomach before breakfast & dinner.

1. <i>DIVYA MUKTĀ PIṢTĪ</i>	4 gms.
2. <i>DIVYA PRAVĀLA PIṢTĪ</i>	10 gms.
3. <i>DIVYA AMṚTĀ SATTVA</i>	10 gms.
4. <i>DIVYA KAPARDAKA BHASMA</i>	10 gms.

Mix all these medicines together, divide into 60 parts, take one from them one hour before breakfast and dinner with honey/ hot water. If the disease is chronic then 1-2 gms. of *RASARĀJA RASA* should be added to group 'B', which will be exceedingly beneficial.

DIVYA MEDHĀ VATĪ - 60 gms.

2 tabs., twice a day after lunch (or breakfast) & dinner with hot water/milk.

SĀRASVATĀRIṢṬA : 4 teaspoonful twice a day after lunch & dinner with four teaspoonful of water.

CATARACT & GLAUCOMA

1. <i>DIVYA ĀMALAKĪ RASĀYANA</i>	200 gms.
2. <i>DIVYA SAPTĀMṛTA LAUHA</i>	20 gms.
3. <i>DIVYA MUKTĀ ŚUKTI BHASMA</i>	10 gms.

Mix all these three medicines well, take 1 teaspoonful twice daily before breakfast & dinner with fresh water / honey.

DIVYA MAHĀ TRIPHALĀ GHRTA - 200 ml.

1 teaspoon, twice a day in empty stomach in the morning & evening with milk.

DIVYA NETRA JYOTI : For external use only. Apply one drop in each eye twice in the morning & evening.

INFERTILITY (VANDHYATVA)

1. <i>DIVYA ŚIVALINGI BIJA</i>	100 gms.
--------------------------------	----------

2. DIVYA PUTRAJIVAKA GIRI

100 gms.

1 gm. twice a day. Make a fine powder of both these drugs, take one hour before breakfast & dinner with milk of cow having calf.

1. DIVYA PHALA GHRTA : 1 teaspoonful, twice a day in empty stomach in the morning & evening with cow's milk.

1. DIVYA STRI RASAYANA VATI 60 gms.

2. DIVYA CANDRAPRABHA VATI 60 gms.

2-2 tabs. from both, twice a day after breakfast & dinner with lukewarm water. If the patient is suffering from Scanty menstruation the following medicines should be taken additionally:

1. RAJAH PRAVARTINI VATI 60 gms.

2 tabs. twice a day with dashmool kvath after meals in the morning and evening.

2. DASHMOOL KVATH 300 gms.

1 teaspoonful of the powder should be boiled with 400 ml. of water and reduced to 100 ml. strain it out and take twice a day as after drink of Rajah Pravartini vati.

CONSTIPATION

1. DIVYA ABHAYARISTA : 3 teaspoon, twice a day after lunch or breakfast & dinner with equal quantity of lukewarm water.

2. DIVYA UDARA-KALPA CURNA OR DIVYA CURNA : 1 teaspoon at bed time with hot water. Patient, suffering from diabetes should not take "Divya Udara-kalpa Curna".

PARKINSONISM (KAMPA-VATA)

1. DIVYA EKANGAVIRA RASA 10 gms.

2. DIVYA SVARNAMAKSIKA BHASMA 5 gms.

3. DIVYA PRAVALA PISTI 10 gms.

4. DIVYA RASARAJA RASA 1 gm.

5. DIVYA AMRTA SAT 10 gms.

6. DIVYA MAKARADHVAJA 2 gms.

Mix all these medicines together, divide into 60 doses, take one of them twice/thrice daily before breakfast, lunch & dinner with honey or water.

1. <i>DIVYA TRAYODASĀNGA GUGGULU</i>	60 gms.
2. <i>DIVYA CANDRAPRABHĀ VATĪ</i>	60 gms.
3. <i>DIVYA MEDHĀ VATĪ</i>	60 gms.

2 tabs. from each, thrice daily after breakfast, lunch & dinner with luke-warm water.

1. *DIVYA ŚILĀJĪTA SAT* - 20 gms.

1-2 drops, twice daily in the morning & evening with milk.

OSTEOPOROSIS (ASTHI-SUŚIRATĀ)

1. <i>DIVYA AMRTĀ SAT</i>	10 gms.
2. <i>DIVYA SVARĀMĀKŚIKA BHASMA</i>	5 gms.
3. <i>DIVYA PRAVĀLA PIṢṬI</i>	10 gms.
4. <i>DIVYA GODANTĪ BHASMA</i>	5 gms.
5. <i>DIVYA VRHAD VĀTA CINTĀMANI</i>	1 gm.

Mix all these medicines together, divide into 60 doses, take one of them twice or thrice daily, before breakfast, lunch & dinner with honey or water.

1. <i>DIVYA YOGA RĀJA GUGGULU</i>	60 gms.
2. <i>DIVYA CANDRAPRABHĀ VATĪ</i>	60 gms.
3. <i>DIVYA ŚILĀJĪTA RASĀYANA</i>	40 gms.

2 tabs. each of three medicines, twice daily after breakfast & dinner with lukewarm water.

DIVYA AŚVAGANDHĀRĪṢṬA : 4 teaspoonful, twice a day after breakfast (or lunch) & dinner with 4 teaspoonful of lukewarm water.

OTORRHAGIA, TYMPANITIS & DEAFNESS

1. <i>DIVYA SĀRIVĀDI VATĪ</i>	20 gms.
2. <i>DIVYA CANDRA-PRABHĀ VATĪ</i>	40 gms.
3. <i>DIVYA ŚILĀJĪTA RASĀYANA</i>	40 gms.

1 tab. from each, twice a day in the morning & evening with milk/water.

1. *DIVYA KĀYĀ-KALPA TAILA* : Pour 2 drops in each ear, twice a day.

Miraculous Home Remedies for Different Diseases Prescribed by Swami Ramdevji in Yoga-Camps

PORRIDGE : CURE FOR OBESITY & DIABETES

Wheat	-	500 gms.
Rice	-	500 gms.
Millet	-	500 gms.
Moong dal	-	500 gms.

All these cereals should be mixed together, roasted on mild fire & ground coarsely. To this, 20gms. of *ajavāyana* & 50 gms. of white til (sesame seeds) should be added. 50 gms. (or according to requirement) of this mixture should be cooked with 400ml. of water by adding vegetables (according to taste) & a little salt. This should be taken regularly for 15 to 30 days, which cures diabetes. It definitely reduces the weight of a heart patient who is suffering from obesity too.

EYE-DROPS-NETRA-JYOTI : CURE FOR CATARACT & GLAUCOMA

Juice of White Onion	-	10 ml.
Ginger Juice	-	10 ml.
Lemon Juice	-	10 ml.
Honey	-	50 ml.

Mix all these drugs together. Instil two drops in each eye regularly. Cures cataract and glaucoma by gradually reducing the pressure (tension) of the eye.

This medicine is specially prepared in Ashram by the name of 'Divya Netra-jyoti'. Many patients have got relief by the use of this medicine.

TOOTH-POWDER : CURE FOR ALL TYPES OF TOOTH-DISEASES

Haridrā (Turmeric) CC-0, Panini Kanya Maha Vidyalaya Collection.

100 gms.

<i>Sphatika</i> (Alum)	-	100 gms.
<i>Bark of Babbūla</i>	-	100 gms.
<i>Tumburu</i> (Seed)	-	50 gms.
<i>Bibhītaka</i> (outer covering)	-	50 gms.
Rock-salt	-	100 gms.
Neem - leaf	-	100 gms.
<i>Akarakarā</i> (flower)	-	50 gms.
<i>Lavaṅga</i> (clove)	-	20 gms.

All these drugs should be taken in the above mentioned quantities and made to a very fine powder. Cures *danta-kṛmi* (dental carries), pyorrhoea, etc. radically.

In the Ashram, this tooth-powder is prepared by adding some other drugs (herbs) also, and is named as '*Divya Danta-mañjana*'.

JUICE OF SWEET GOURD : USEFUL FOR HEART-DISEASES, HYPER ACIDITY, ABDOMINAL DISEASES & OBESITY

<i>Lauki</i>	-	500 gms.
<i>Mint leaves</i>	-	7 leaves
<i>Tulasi</i> (Holy Basil) leaves	-	7 leaves

All the above mentioned ingredients should be made to a paste and juice should be squeezed out. Take one cup on empty stomach in the morning. Cures coronary blockage, hyper acidity & different types of abdominal diseases. It should be taken regularly.

BARK OF ARJUNA : KṢĪRA PĀKA (Milk Preparation)

<i>Powder of Arjuna</i> bark	-	5-10 gms.
(bark of <i>Terminalia arjuna</i>)	-	
<i>Milk</i>	-	1 cup
<i>Water</i>	-	3 cups

All these ingredients should be boiled together till it is reduced to one cup & then strained out. Take in the morning in empty stomach.

Regular intake is very useful for weakness of heart.

INFALLIBLE REMEDY FOR JAUNDICE, HEPATITIS & CIRRHOSIS OF LIVER

1. Bark of <i>Śyonāka</i>	-	25 gms.
2. <i>Bhūmyāmalakī</i> (whole plant)	-	25 gms.
3. <i>Punarnavā</i> (root)	-	25 gms.

All the above mentioned fresh drugs should be taken in prescribed quantity, made to a paste, and the juice be squeezed out. To be taken in the morning regularly in empty stomach. Definitely cures jaundice & hepatitis.

Note :

1. If these drugs are not available, then 'Sarva Kalpa Kvāthā' prepared in the Ashram can be used. It is also prepared with the root of *punarnavā* (*Boerhavia diffusa*), *bhūmyāmalakī* or *bhūmyāmalā* (*Phyllanthus niruri*) & *śyonāka* (*Oroxylum indicum*) among others.
2. For detailed information about the cure of jaundice, hepatitis etc. vide Ch. III, no. 26-Hepatitis A,B,C. on p. 41

INFALLIBLE HOME REMEDY FOR CHRONIC COUGH

a small piece of Mulathi + 2 Black Pepper + a piece of sugar (as per number)

All these should be kept (at a time) in the mouth & chewed slowly. It gives instant and permanent relief in chronic cough, sore throat, hoarseness of voice and allied problems.

INFALLIBLE HOME REMEDY FOR DRY & BLEEDING PILES

Camphor (indigenous)	-	½ gm.
Banana	-	1 piece

1. Keep a piece of no. 1 (i.e. camphor) in a piece of banana, swallow it in empty stomach.

It stops bleeding with one dose only. If bleeding does not stop with one dose, then it should be repeated for three times, but not more than thrice.

USE OF LEMON & MILK : FOR BLEEDING PILES

- Take one cup of warm (drinkable warm) cow's milk, squeeze out the juice of $\frac{1}{2}$ lemon into this and take it immediately before stet. Immediately stops the bleeding of piles.

Precaution :

- Don't repeat this remedy more than twice.
- If necessary consult the physician.

LEAVES OF ŠIŠAMA OR ŠIMŠAPĀ - EXTREMELY USEFUL IN LEUCORRHOEA, PRAMEHA, DHĀTU-ROGA & MENORRHAGIA

Leaves of <i>śiśama</i> (<i>Dalbergia sissoo</i>)	8-10 leaves
<i>Miśrī</i> (Candied sugar)	25 gms.

Both these drugs should be made to a paste together, & taken in the morning. Definitely cures leucorrhoea of women, *prameha* (obstinate urinary disorders including diabetes) in males, & menorrhagia (heavy menstruation) in females. It is a very useful and harmless medicine for the cure of bleeding caused by heat. It is very cooling medicine and its intake is convenient.

Note :

- In winter 4-5 seeds of black pepper should be added to it as it is extremely cold.
- Patients suffering from diabetes should take this without adding *miśrī* (candied sugar).

HOME REMEDY FOR PILES & MENORRHAGIA BROWN FIBRES OF COCONUT IN ASH FORM

Outer fibres of coconut should be burnt, made to ash & sieved.

Dose : 3 gms., thrice a day (only for one day) in empty stomach (in the morning, afternoon & evening) with butter-milk. Cures piles, menorrhagia & leucorrhoea.

Digitized By Siddhanta eGangotri Gyaan Kosha

Dose : 1 gm., thrice a day. Taken with a little quantity of water-cure vomiting, cholera & hiccup.

HOME REMEDY FOR HICCUP

***Mayūra-piccha Bhasma* (ash of peacock-feather)**

½ gm., 2-3 times a day.

Take in empty stomach with honey. Cures hiccup immediately.

USE OF GALACTAGOGUE : FOR MOTHERS

***Śatāvara Cūrṇa* (Powder of *Asparagus racemosus*)**

Dose : 3-5 gms., twice daily. To be taken in empty stomach with cow's milk. It promotes lactation in loss or scanty lactation in mothers.

Note :

1. During pregnancy, regular intake of 2-3 gms. of the powder of *Śatāvara* (*Asparagus racemosus*) in general, is also useful. It maintains the proper quantity of lactation after delivery. Mothers should take this medicine regularly after delivery.
2. If 50 gms. of this powder, twice daily (in the morning & evening), is given to cows & buffaloes regularly, it increases the quantity of milk.

JUICE OF WHEAT-GRASS : CURE FOR CANCER & AIDS

Wheat should be sown in nine different flower-pots or in nine spots on a small piece of land. Sowing should be done in each pot or spot one by one for nine days continuously. On the tenth day, green leaves of grown wheat should be cut from the first flower pot. 10 gms. of these leaves and 25 gms. (equal to two feet long and one finger in thickness) of a stem of *gudūcī* (*Tinospora cordifolia*) should be ground by adding some water. Out of this paste, juice is to be squeezed out through a piece of clean cloth. Then from the second day (i.e. eleventh day) onwards, same procedure should be followed by taking out leaves from the second pot, third pot, and so on.

One cup in empty stomach.

Note :

- i. In each empty flower pot, wheat should be sown again on the same day, and the same process should be repeated continuously on each succeeding day.
- ii. Intake of this juice along with the medicines given by a physician of the Ashram helps a lot in curing the dangerous and serious diseases, like cancer, AIDS, etc.

BARK OF AŚVATTHA OR PĪPALA+NEEM+ SARVAKALPA KVĀTHA+VRKKADOSA-HARA KVĀTHA

Neem - bark powder	5 gms.
Pipala (<i>Ficus religiosa</i>)-bark powder	5 gms.

5 gms. powder of each drug should be boiled with 400 ml. of water till it is reduced to 100 ml. & then strained out.

To be taken twice in empty stomach one hour before breakfast & dinner. It reduces the raised levels of Urea & creatinine in blood.

HOME REMEDY FOR THYROID, TONSILITIS & KAPHA-ROGAS

Powder of <i>Trikatu</i>	50 gms.
Powder of <i>Bibhitaka</i> (<i>Terminalia belerica</i>)	20 gms.
<i>Pravāla piṣṭi</i>	10 gms.

Powder of all the above three drugs should be mixed together.

For adult : 1 gm. twice a day, For child : $\frac{1}{2}$ gm. twice a day.

To be taken in empty stomach (in the morning & evening) with honey. Cures thyroid problems & tonsilitis of children; also useful in asthma & diseases caused by the aggravation of *kapha* (*kapha-rogas*).

HOME REMEDY FOR KAPHA-DISEASES (DISEASES CAUSED BY AGGRAVATED KAPHA)

Almond pulp	100 gms.
Khānd	50 gms.
Marica (Black pepper)	20 gms.

Digitized By Siddhanta eGangotri Gyaan Kosha

All the above three drugs should be made to a powder & mixed together.

Dose : One teaspoonful.To be taken after dinner with lukewarm milk. Cures chronic *kapha* diseases (diseases caused by aggravated *kapha*), chronic rhinitis, coryza & sinusitis; also removes constipation.**Note :**

- Patients suffering from diabetes should not add khānd, i.e. no. 2.
- Patients suffering from hyper acidity (*amla-pitta*) should add only 10 gms. of Black pepper (no.3).

HOME REMEDIES FOR VĀTA-ROGAS (DISEASES CAUSED BY THE AGGRAVATION OF VĀTA OR VĀYU)

1. <i>Haridrā</i> (Turmeric)	-	100 gms.
<i>Methī dānā</i> (Fenugreek seeds)	-	100 gms.
<i>Śuṇthī</i> (Dry ginger)	-	100 gms.
<i>Aśvagandhā cūrṇa</i>	-	50 gms.

All these four drugs should be made to a powder & mixed together.

Dose : One teaspoonful, twice a day

Take after breakfast & dinner with lukewarm water.

2. *Laśuna* or *Garlic***Dose :** 1-3 cloves.

In empty stomach in the morning, with water. Reduces the increased quantity of cholesterol & Triglyceride, also removes the blockage of coronary arteries (coronary thrombosis).

3. Rhizome of *Musta* (*Cyperus rotundus*)Take rhizome of *musta* made to a powder.**Dose :** 1-2 gm., twice daily.

To be taken in the morning & evening with water / milk. Marvellous remedy for the cure of joint pains & rheumatoid arthritis.

4. Leaves of *Nirgundi* (*Vitex negundo*)

Leaves of this drug should be made to a powder. One teaspoonful to

Digitized by Pashupati Kanya Maha Vidyalaya Collection.

Digitized By Siddhanta eGangotri Gyaan Kosha
 be taken twice a day after lunch & dinner with water. Cures *vātika*
 diseases (diseases caused by the aggravation of *vāta*).

RECIPE FOR INFERTILITY

<i>Śivalingī bija</i> (Seeds of <i>Bryonia laciniosa</i>)	100 gms.
Pulp of <i>Putrajīvaka</i> (<i>Putranjiva roxburghii</i>)	200 gms.

Mix both drugs together to make a powder.

Dose : $\frac{1}{2}$ th teaspoonful, twice a day.

Take before breakfast & dinner with cow's milk. Promotes fertility & brings about conception on regular use for some time, also cures miscarriage.

USE OF APĀMĀRGA FOR NORMAL DELIVERY

Root of Apāmārga (*Achyranthes aspera*)

This root should be made into a ring shape. When labour pain start this ring should be tied on the navel (umblicus) of the mother. By this, she delivers the child normally within 5-10 minutes. Even if there is no delivery, the paste made from the powder of same root may also be applied around the navel over abdomen. Alternatively, this powder should be tied in a piece of cloth, made to bolus & kept inside the vagina which also induces in a normal delivery.

The ring made of the root of *Achyranthes aspera* (*apāmārga*), or the paste of the this powder, or the bolus should be removed immediately after the delivery. Otherwise it will harm to the mother.

OTHER USAGE OF THE ROOT OF APĀMĀRGA

(*Achyranthes aspera*)

Root of Apāmārga (*Achyranthes aspera*)

To be used as tooth-brush. It makes the teeth strong and cures tooth diseases including pyorrhoea (periodontal disease).

Leaves of Apāmārga (*Achyranthes aspera*)

These leaves should be ground, made to a paste & applied over the area affected by cancer. It relieves the disease.

Seed of Apāmārga (*Achyranthes aspera*)

These seeds should be cooked like rice by adding milk and made

Digitized By Siddhanta eGangotri Gyaan Kosha

to *kheer* (*pāyasa* - milk and rice preparation). This should be taken internally as food. Cures *bhasmaka* (a condition in which digestive power of a person is excessively excited, which causes voracious hunger, and even very heavy meal even taken in large quantity, gets digested in a very short period).

People suffering from voracious hunger may control their hunger by the intake of this *kheer*. Many yogis also take this *kheer* of *apāmāgar* (*Achyranthes aspera*) before observing long fasting, so that hunger may not create problem for them.

LEAF OF AŚVAGANDHĀ: EXCEEDINGLY USEFUL FOR OBESITY, DIABETES MELLITUS & HEART - DISEASES

LEAF OF AŚVAGANDHĀ (*WITHANIA SOMNIFERA*)

Dose: One leaf, thrice a day.

One leaf should be washed, crushed with hand, made to a bolus, and taken on empty stomach an hour before breakfast, lunch & dinner with water for one week continuously. Fruits, vegetables, milk, fruit-juice and butter-milk should be taken as food. Reduces many kgs. of weight within a week.

By the use of this simple remedy mentioned by honorable (Swami Ramdev Ji), lakhs of people have reduced their weight & become healthy.

HOME REMEDIES FOR MADHUMEHA (DIABETES MELLITUS)

(A) 1. Cucumber	1 in number
2. Bitter gourd	1 in number
3. Tomato	1 in number

Juice should be squeezed out of the above-mentioned ingredients and taken orally in empty stomach in the morning.

(B) Stone of Jamun or Blackberry (*Syzygium cumini*)
One teaspoonful, twice a day.

These seeds should be powdered & taken in empty stomach (in the

Digitized By Siddhanta eGangotri Gyaan Kosha

morning & evenings) with water.

(C) Neem (*Azadirachta indica*) Leaf - 7 leaves.

To be chewed as whole or made to a paste and taken with water.

(D) Flower of *Sadābahāra* (*Lochnera rosea*) - 7 flowers.

To be chewed followed by water, in empty stomach.

(E) 1. *Giloy* (*Guḍūcī*) (*Tinospora cordifolia*)

2. *Jamun* (blackberry) (*Syzygium cumini*)

3. *Kuṭakī* (*Picrorhiza kurroa*)

4. Leaf of Neem (*Aazadirachta indica*)

5. *Kirāta tikta* (*Cirāyatā*) (*Swertia chirata*)

6. *Kāla megha* (*Bhūnimba*) (*Andrographis paniculata*)

7. Dry *Kāravellaka* (Bitter gourd) (*Momordica charantia*)

8. *Kālī jīrī* (*Araṇya jīraka*) (*Centratheum anthelminticum*)

9. Seeds of *Methī* (fenugreek) (*Trigonella foenum-graecum*)

All these nine ingredients should be taken in equal quantity and made to a powder.

One teaspoonful, twice a day in empty stomach – in the morning & evening with water.

All the above five recipes are very useful for controlling diabetes.

COW'S URINE : DIFFERENT USES

According to modern analysis, cow's urine contains nitrogen, phosphate, calcium, magnesium, urea, uric acid, potassium, sodium, carbolic acid, lactose and hormones. These contents release their effects in different ways to cure different diseases.

10 – 15 ml., twice a day.

Fresh cow's urine should be sieved through eight-folded clean cloth piece and then taken orally. If fresh urine is not available then it may be stored in a clean bottle after sieving. Patients, who are not suffering from diabetes, should add honey to it. It will preserve the urine for a long period. Urine of a cow, who has freshly delivered a calf or who has to give birth to a calf in one or two months, should not be used.

Cures cancer, asthma, chronic renal failure, ascites and hepatitis A,B,C including other common diseases.

Cow's urine should be boiled in a copper vessel till it is reduced to its half. This should be strained and stored in a bottle. 1-2 drops of this urine should be poured into the eyes twice daily (in the morning & evening).

Useful in all types of eye-diseases.

PĀṢĀṄABHEDA OR PATTHARACATĀ : FOR THE CURE OF STONE

Leaves of *Pattharacatā* (*Bergenia ligulata*)

2 – 3 leaves chewed daily in the morning cures all types of stone, urinary diseases & disorder related to gall bladder.

LEAF OF PEEPAL OR FICUS RELIGIOSA FOR EPISTAXIS

1. Leaf of Peepal (*Ficus religiosa*)

30 – 40 leaves should be ground, made to a paste and juice should be squeezed out. This should be administered as follows : (1) 5 drops to be dropped into each nostrils, and (2) to be taken internally by adding *miśrī* or candied sugar. Cures epistaxis.

2. For all Types of Bleeding

5–10 ml.

To be taken in the morning in empty stomach.

WATER OF SOAP-NUT (SAPINDUS TRIFOLIATUS) : USEFUL IN ASTHMA, COUGH, SINUSITIS, CHRONIC RHINITIS & HEADACHE

Powder of Soap-nut (*Sapindus trifoliatus*) 1 gm.

Powder of *Trikaṭu* (combination of dry ginger+black pepper + long pepper) 2-3 gms.

Water 50 ml.

Powders nos. 1+2 should be soaked in water during night. In the morning, the water should be decanted and stored in a bottle.

4-5 drops should be poured in each nostril in the morning in empty stomach.

It takes out the phlegm adhered inside, opens the blocked nostrils & relieves headache instantaneously. eGangotri Gyaan Kosha

COSTLESS EXPERIENCE FOR STOPPING HAIR-FALL & GREYING OF HAIR

Nails of the fingers of both hands should be rubbed together for 5 minutes continuously twice or thrice a day regularly. It stops the falling and graying of hair, makes the hair black & promotes their luxuriant growth.

Note : We have observed growth of hair on thousands of hereditary bald heads, as well as the conversion of grey hair into black even at the age of seventy years.

INFALLIBLE HOME REMEDY FOR HAIR

Bee-hive of Yellow wasps from which the wasps have flown away	25 gms.
Leaves of native variety of Shoe flower (<i>Hibiscus rosa-sinensis</i>)	10-15 in number
Coconut oil	500 ml.

All the above-mentioned ingredients should be cooked together on mild fire till the bee-hive becomes black in colour. Then heating should be stopped and oil should be allowed to cool. When it becomes cold, the oil should be decanted and stored in a bottle.

To be massaged gently on the head daily.

It helps in growing hair.

ANTI-DANDRUFF OIL (HOME REMEDY)

Juice of neem leaves	-	200 ml.
Sesame oil	-	100 ml.

Both these drugs should be boiled together on mild fire till the juice is burnt & only the oil remains. Then it should be filtered and stored in a bottle. To be applied on the head.

Cures dandruff & hair fall; also instantaneously cures psoriasis and boils as well as pimples on the head.

SIMPLE & EASY HOME REMEDY FOR THE CURE OF DANDRUFF

Pop borax	- 5 gms. (one teaspoonful)
Coconut oil	- 5 ml. (one teaspoonful)
Curd	- 15 ml. (3 teaspoonful)

Mix all these drugs together & apply in hair, wash after an hour. Also apply *Divya Keśa Taila* prepared in the Ashram, simultaneously. Cures dandruff immediately.

HOME REMEDIES FOR URTICARIA

Coconut oil	-	50 ml.
Camphor (indigenous)	-	5 gms.

Both these drugs should be mixed together and applied over the rashes of urticaria.

Immediately cures urticaria, & removes burning sensation as well as itching.

Marica or black pepper	-	5 in number
Brown sugar	-	2 teaspoonful
Cow's ghee or pure ghee	-	2 teaspoonful

Drugs nos. 2 and 3 should be ground well & mixed by adding no. 3 to make a paste.

This paste should be applied over affected parts two / three times daily. Cures urticaria, and pruritus.

HOME REMEDY FOR OBESITY

Powder of <i>Triphalā</i>	-	1 teaspoonful (5 gms)
Water	-	200 ml.

Drug no. 1 should be soaked in water during night. In the morning, this solution should be boiled till it is reduced to half and then strained out.

To be taken as hot as tolerable adding two teaspoonful of honey. Reduces lot of weight within a few days.

AŚVAGANDHĀ CŪRNA : FOR WEAKNESS & EMACIATION

Powder of Aśvagandhā (*Withania somnifera*) : 1 teaspoonful, twice a day in the morning & evening with milk. Increases 3kg.–5kg. of weight within a month, cures weakness, diseases caused by the aggravation of *vāta* & nervous disorders.

HOME REMEDIES FOR JAUNDICE

1. Tender fresh leaves of Arka (*Calotropis procera*)

2. Betel-leaf

Drug no. 1 should be made to a paste by grinding, kept in a betel-leaf and chewed. Response starts within 2-3 days of starting the medicine.

Cures jaundice & reduces the level of bilirubin (bile pigment) in the blood.

2. *Vidāla Dodā* : This drug should be soaked in the water during night. In the morning, the former should be rubbed on a stone, 2/3 drops instilled in the nostril or inhaled cures jaundice.

3. *Dugdhikā* of Big Variety (*Euphorbia hirta*)

This should be rubbed & taken internally. Cures jaundice.

GHRTA KUMĀRĪ (ALOE VERA) : PROMOTER OF PLATELETS

Pulp of *Ghrta-kumārī* (*Aloe vera*)

25-50 gms. to be taken in empty stomach in the morning. Increases the quantity of reduced platelets, cures all types of abdominal disorders & female diseases. It also helps in curing diseases caused by the aggravation of *vāta*, thalassemia, Hepatitis 'B', constipation, flatulence, anorexia, nausea, burning sensation in the abdomen after meals, irregular menstruation, burning micturition & dysuria.

HOME REMEDY FOR HELMINTHIASIS

1. Juice of Leaves of Peach

1 teaspoonful to be taken in empty stomach in the morning, regularly

Digitized By Siddhanta eGangotri Gyaan Kosha
for 4/5 days. All types of intestinal worms come out within 4-5 days.

2. Juice of the Leaves of *Marubaka* (*Majorana hortensis*)

1 teaspoonful.

Leaves of *marubaka* (sweet marjoram) should be ground and juice be squeezed out. This should be taken in empty stomach in the morning. Alternatively, these leaves should be ground & made to a paste (chutney). To it, one gm. of *kampillaka* (*Mallotus philippensis*) powder should be added and taken in empty stomach. All types of intestinal worms die and come out.

HOME REMEDY FOR EARACHE

Leaves of *Sudarśana* (*Crinum latifolium*)

These leaves should be made to a paste and juice should be squeezed out. This juice should be made lukewarm and two drops should be dropped in each ear twice/thrice a day. Relieves earache immediately.

HOME REMEDIES FOR CONSTIPATION

1. **Apple** : One apple should be taken along with breakfast and dinner daily. Cures constipation.
2. **Juice of Gourd (Lauki)** : One cup, to be taken in the morning in empty stomach. Cleans the bowels well & cures as well as protects from all types of abdominal disorders.
3. **Papaya** : If taken regularly, it protects the person from constipation.
4. **Pulp of Āragvadha (Amaltas) or Purging cassia (*Cassia fistula*)** : Taken in a dose of 10-20 gms relieves constipation.

BILVA-CŪRNA (POWDER OF AEGLE MARMELOS) : USEFUL IN TOXIC BYPRODUCT & CHRONIC SPRUE SYNDROME

Powder of *Bilva* (*Aegle marmelos*) -

1 teaspoonful

Juice of *Bilva* CC-0, Panini Kanya Maha Vidyalaya Collection.

or

-

1 glass (one dose)

To be taken twice daily, in the morning and evening. Cures *ama* (toxic byproduct) caused by impaired digestion & metabolism, and helps consistent stools.

LEAVES OF VĀSĀ (ADHATODA ZEYLANICA): USEFUL IN COUGH

Juice of the leaves of <i>Vāsā</i> (<i>Adhatoda vaschia</i>)	-	1 teaspoonful
Juice of ginger	-	1 teaspoonful
Honey	-	1 teaspoonful

All these three drugs should be mixed together and taken orally 2-3 times a day. Cures all types of cough.

HOME REMEDIES FOR COLD, CORYZA & FEVER

1. Leaves of *Tulasī* or holy basil - 7 leaves
(Ocimum sanctum)

Clove - 5 in number

Clove
Both the drugs should be cut into pieces & boiled with water till half of it remains. The above mentioned decoction should be taken orally adding a little quantity of rock-salt. After taking this, one should lie down covering his body with a cloth for sweating. It should be taken twice / thrice per day for two or three days regularly.

Cures fever immediately, also useful in cold, coryza (catarrh) & cough.

2. Juice of <i>Tulasi</i> (<i>Ocimum sanctum</i>)	3-4 drops
Juice of ginger	2-3 drops

Both these drugs should be given to small children with honey and to be licked. Cures cold, catarrh and cough.
It can also be given to a newly born baby in smaller dose.

PIPPALI-KALPA FOR KAPHA, PHLEGM & ASTHMA

On first day, one *pipall* (*Piper longum*) should be boiled with cow's
CC-0 Panipat Ayurveda Collection.

Digitized By Siddhanta eGangotri Gyaan Kosha
 milk for 10 to 15 minutes. Then *pippalī* should be taken orally followed by this milk. On next day, 2 *pippalīs* should be boiled with cow's milk as mentioned above. Then *pippalīs* should be taken followed by milk. Like this, every day number of *pippalīs* should be increased one by one till the number of *pippalīs* reaches seven or eleven. If one does not feel warmth, then he can increase the number of *pippalīs* upto fifteen. If one feels warmth then he should stop increasing the number either at seven or at eleven. Thereafter, the number of *pippalīs* should be decreased gradually one by one every day till it reaches one. This *pippalī*, followed by milk, should be taken in the morning in empty stomach.

Cures phlegm, asthma, catarrh, cold & chronic cough. It is also useful in curing poor digestion, indigestion & wind formation (gas) in the stomach.

Note : The user of this *kalpa* should take simple & light food. Avoid ghee (clarified butter), oil & sour as well as cold things.

HOME REMEDY FOR GANGRENE

1. Cow's ghee
2. Leaves of *vidhārā* (*Pueraria tuberosa*)

Drug no. 1, i.e. cow's ghee, should be applied over affected part. Then drug no. 2 should be tied over it.

Cures acute type of ulcer like gangrene within a few days.

HOME REMEDY FOR PROMOTION OF EYE-SIGHT

1. Rose - water - 100 ml.
2. Pulp of *Āmalakī* (*Emblica officinalis*) - 10 gms.

Drug no. 2 should be soaked in drug no.1 for two days. After two days, the liquid should be decanted, filtered through eight-fold clean cloth and stored in a bottle.

2-3 drops should be dropped in each eye. Cures lachrymation & redness, burning as well as itching of eyes. Promotes eye-sight.

HOME REMEDY FOR CRACKED LIPS

Mustard Oil : To be applied daily in the navel after having shower. Cures cracked lips, removes dryness of face and promotes lustre.

INHALATION : USEFUL IN HEADACHE, INSOMNIA & MIGRAINE PAIN

Almond Oil : 5 drops in each nostril should be deeply inhaled in the morning in empty stomach and at bed-time. Cures headache, migraine pain, insomnia, loss of memory, heaviness in the head, paralysis, parkinsonism, depression and sinusitis. It immediately relieves headache & sleeplessness.

Head massage with almond oil is also very useful in all diseases mentioned above.

LEAVES OF SADĀBAHĀR & HĀRASINGĀRA: USEFUL IN SCIATICA & DIABETES MELLITUS

1. Leaves & flowers of *Sadābahāra* 5 in number
(*Lochnera rosea*)

To be taken regularly in the morning in empty stomach. Controls the level of sugar (diabetes) and cures sciatica pain.

2. Leaves or Flowers, or both of *Hārasingāra* 5 in number
(*Nyctanthes arbor-tristis*)

To be taken as such or should be made to a decoction and taken internally. Controls diabetes and cures pain of sciatica.

OINTMENT FOR VIPĀDIKĀ (CRACKS OF HEEL)

Mustard oil	50 ml.
Wax (indigenous)	25 gms.
Camphor (indigenous)	5 gms.

Heat drug no. 1, i.e. mustard oil. When it starts boiling, drug no. 2., i.e. wax should be added to it slowly. When the wax melts well and dissolves in the oil, then heat should be stopped and the mixture should be kept to be cooled. To this, drug no. 3., i.e., camphor should be added when it is lukewarm. Now the ointment is ready. Ointment should be applied in cracks of heel before going to bed. Relieves cracks of heels quickly from the very first day of application.

HOME REMEDIES FOR LEUCODERMA & SKIN-DISEASES

Cow's urine	-	100 ml.
Neem leaf	-	100 gms.
Juice of Cow-dung	-	100 gms.
Powder of <i>Bākucī</i>	-	100 gms.
(<i>Psoralia corylifolia</i>)		

All these four drugs should be mixed, ground and made to a paste. To be applied externally on the affected parts of the body. Cures leucoderma and other different types of skin-diseases.

Root of *Punarnavā* (*Boerhavia diffusa*)

Bark of *Arjuna* (*Terminalia arjuna*)

Cow's urine

Drugs nos. 1 & 2 should be taken in equal quantity and made to a paste adding cow's urine (drug no. 3). To be applied externally. Cures leucoderma.

HOME REMEDY FOR STOMATITIS (INFLAMMATION OF MUCOUS LINING OF MOUTH)

(A) 1. Copper sulphate

(Cupri sulphas)

10 gms.

2. *Sphaṭika* (alum)

10 gms.

Both these drugs should be roasted in a pan separately. Drug no. 1 (copper sulphate) should be half roasted (when it become half blue it should be taken out from the pan). Care should be taken that eyes are not exposed to the smoke coming out. Now pop alum & roasted copper sulphate should be mixed together.

One gm. of this mixture should be dissolved in one teaspoon of water, cotton should be soaked in this water and kept inside the mouth on affected part for one or two minutes. While applying this, one should be very careful that water coming out after its application should always be spit out, never be swallowed. The water should be spit out for ten minutes after applying the medicine. Thereafter, the mouth

should be cleansed by gargling with clean water. If inflammation does not subside with this solution, mixture of roasted copper sulphate and alum as such may be applied. Generally, this problem gets cured for ever, only with the first application of this medicine, but if needed this can be repeated. The best time for its application is the morning on empty stomach or four hours after meal.

After the application of this medicine the taste of mouth becomes abnormal, which again becomes normal within one day.

(B) 1. Leaf of Common jasmine

(*Jasminum officinale*)

5 leaves

2. Leaf of Guava

(*Psidium guajava*)

5 leaves

Both the leaves should be chewed slowly for some time. After some time, saliva should be spit out. Cures stomatitis.

MEDICINES FOR MOLES

Divya Kāyā-kalpa Vati - 40 gms.
2 tabs. twice a day, to be taken in empty stomach in the morning & evening with water.

Divya Kaiśora Guggulu - 40 gms.
1 tab. twice a day, to be taken after lunch & dinner with water.

HOME REMEDY FOR WARTS & CORNS

1. Lime (edible)	-	10 gms.
2. <i>Sarjikṣāra</i> (Sodium bicarbonate)	-	10 gms.
3. Washing Soda	-	10 gms.
4. <i>Gairika</i> (Red ochre)	-	2 gms.

All these four drugs should be mixed together, ground and made into an ointment by adding a small quantity of water.

This ointment should be applied only once on the warts with the help of matchstick or with cotton bud. The wart gets dried even by the very first application.

Note :

- i) If the wart does not get dried up by the first application, then the process may be repeated once / twice at the interval of two/ three days.
- ii) This ointment should be applied very carefully.

For Corns : Corn in the feet should be cut with help of a sharp instrument & thereafter, the above-mentioned ointment should be filled up therein. The process should be repeated for some days continuously. Removes corns.

HOME REMEDY FOR NIGHT BLINDNESS & HYSTERIA

1. Juice of white onion	10 ml.
2. Honey	10 ml.

Both these drugs should be mixed together and 2 drops should be dropped in each eye. Cures night blindness & hysteria.

Wholesome & Unwholesome Diet, etc.

for Different Diseases

Heart - Diseases, High Blood Pressure & Hypertension

Wholesome : Wheat flour, Bajra (Pearl millet or *Pennisetum typhoides*) & Great millet (*Sorghum vulgare*) in small quantity, green gram (*Moong dal-Phaseolus mungo*), sprouted pulses, gram (*Cicer arietinum*), green leafy vegetables (spinach or *Spinacia oleracia*, bathua-Lamb's quarters or *Chenopodium murale*, green leaves of *methī*-Fenugreek or *Trigonella foenum-graecum*), parsly or *Trachyspermum ammi*, raisins, ginger, lemon, gourd, leaves of Holy basil or *Ocimum sanctum*, sweet luffa (*tori*) or *Luffa acutangula*, mint-leaf, *patola*-Pointed gourd or *Trichosanthes dioica*, drumstick or *Moringa oleifera*, *Lagenaria siceraria*, *tinda* or *Citrullus vulgaris*, *kāravēlla* (bitter gourd) or *Momordica charantia* are useful.

Grapes, mausammi (Sweet orange or *Citrus sinensis*), papaya, pomegranate, orange, apple, guava, pineapple, almond, milk without cream (fat), butter-milk, milk boiled with bark of *arjuna* (*Terminalia arjuna*), oils of mustard, sunflower & soya, cow's ghee, sugar, jaggery, honey, chutney, etc. are also useful.

Unwholesome : Avoid cake, pastry, nan, *rumāli roṭī*, noodles, pizza, burger, salt, fried food, packed & junk food, butter, ghee, *khoya* (condensed milk), milk-cream, flesh (meat), fish, food prepared with vegetable ghee (*dalda*), fried food prepared with fine flour (*maida*) & gram flour (*besan*), heavy food, jack fruit (*Artocarpus integrifolia*), cashew nut, chest nut, pistachio (*Pistacia vera*) and other dry fruits, alcoholic drinks, pickle, sauce, fried papad, biscuits, chips, smoking, etc.

Special Recommendation :

1. Take only whole grains & pulses.
2. Do light exercise & walk regularly. Don't exercise & walk immediately after taking meals.
3. Instead of taking fatty and heavy food together one should take light food at small intervals of time.
4. If the patient is suffering from cough, then he should avoid yoghurt

Digitized By Siddhanta eGangotri Gyaan Kosha
 (curd), unripe banana and tomato. Take milk by adding *Divya Peya*.

Diabetes Mellitus

Wholesome : *Missa ata*, i.e. flour prepared with wheat + barley + gram + soyabean along with chaff, *moong*, *arhar* & gram *dal*,

Vegetables : Bitter gourd, pointed gourd, sweet luffa or *tori* (*Luffa acutangula*), gourd, tomato, cucumber, green chilli, spinach, *bathua* (Lamb's quarters or *Chenopodium murale*), onion, garlic, lemon, fenugreek and drum stick; *āmalakī* (*Emblica officinalis*), fruit of jamun (blackberry), powder of jamun-seed, water of fenugreek-seed, 5-7 tender leaves of neem (daily), fruits like papaya, guava, etc. in small quantity, milk without sugar, butter-milk, fruits having astringent taste in predominance, should be taken. One should walk for 15-20 minutes after taking meals and a 3-4 km. walk daily is very useful.

Unwholesome : The patient suffering from diabetes mellitus should avoid sedentary life, sleep during day time after lunch, intake of freshly harvested grains, rice, curd, sugar-cane-juice, *mausammi* (sweet orange), banana, pomegranate, fig, cheeku, apple, sugar, jaggery, mishri (candied sugar) and potato. Smoking and alcohol aggravate the disease. One should never suppress the urges for urine and faeces.

Diarrhoea, Dysentery, Sprue & Irritable Bowel Syndromes

Wholesome : One should take *daliyā* (Porridge) prepared with equal quantities of wheat + rice + millet + *moong*, goat's milk, butter-milk (whey), ripe banana, fruit of *bel*, jam of *āmalaka* (*Emblica officinalis*), green coconut water, mint, *khichari*, curd (yoghurt), mix of lemon + salt + sugar, jam of *bel*, pulses of *moong* & lentil (*masoor*), parched rice, fried paddy, curd + *isabgol* husk, soup of gourd, sweet luffa or *Luffa acutangula* (*torī*), *tiṇḍā* (*Citrullus vulgaris*), etc., *Kuśmānda Khaṇḍa*, *Nārikela Khaṇḍa* & fruit-juice. These are very useful.

Unwholesome : One should avoid fried food, like *poori*, *kachauri*, *samosa*, patties, food prepared with *urad dal* or black gram (*Phaseolus radiatus*), *chana* (gram) & fine flour (maida), *chat*, pickle, salt in large quantity, spicy food, sweets, yellow pumpkin, *karkatī* (*kakarī*-*Cucumis melo*), tomato, potato, leafy vegetables, milk, cold drinks, pizza, burger, etc.

Acidity

Wholesome : *Chapati* or bread prepared with *missa atta* (flour prepared with wheat + barley + gram + soyabean with chaff), fibrous, leafy & green vegetables, gourd, sweet luffa or *torai* (*Luffa acutangula*), pointed gourd (paraval-*Trichosanthes dioica*), pumpkin, drumstick, bean (*sem*), fruit of *chaulai*, salad, sprouted grains, intake of laxative like *triphalā* + Isabgol husk with warm milk / water once a week, *daliyā* (porridge), *khichari*, fresh whey, pomegranate, dry grapes, *gulkand*, raisins (*munakka*), *moong dal*, sweet & cold things, sweet of *petha*, jam of *amala* & apple are very useful.

Unwholesome : Avoid fried food (like *poori*, *halwa*, *kachauri*, *samosa*), pizza, burger, idli, dosa, tea, coffee, cold drinks, *urad dal*, *rajmah* cow-pea-*Vigna unguiculata*, gram, *masoor dal* (lentil), hot spices, rice, amchur (powder of dry green mango), brinjal, potato, cauliflower, suran (*jamikand* or *Amorphophallus campanulatus*), pickle, oily food, dishes prepared with *maida* (fine flour), *besan* (gram flour) & *urad dal*, red chilli, sharp food, heavy food, brinjal, *kulattha* (*Dolichos biflorus*), curd, smoking, alcoholic drinks and intake of hot food in haste and mental tension.

Note : For the patients suffering from piles, constipation, flatulence & other abdominal diseases, intake of ginger, lemon & different types of salt is useful.

Anaemia, Jaundice, Hepatitis A.B.C., Haematological Disorders, Hepato Splenomegaly

Wholesome : Barley, wheat, *missi chapati* of gram, *khichari*, *daliyā* (porridge), green leafy vegetables (spinach, fenugreek leaf-*methi*, *bathua*), gourd, *torai* or sweet luffa (*Luffa acutangula*), *ghṛta kumārī* (*Aloe vera*), *tinda* or *Citrullus vulgaris*, pumpkin, *paṭola* or pointed gourd (*Trichosanthes dioica*), *chaulai* (*Amaranthus spinosus*), tender radish, papaya, *mausammi* (sweet orange), pomegranate, apple, orange, litchi (*Litchi chinensis*), *baggugosha* (var. of pear), grapes, green coconut-water, sugar, *mishri* (condited sugar), *āmalaka* (*Emblica officinalis*), dates, dry raisins, dry grapes, goat's milk, cow's milk, fresh curd, butter-milk, *rasgulla* (type of sweet meat prepared with cheese and sugar), chewing of sugar-cane, sugar-cane juice are useful.

Unwholesome : Avoid hot spices, chillies, oil, sweetmeats, fatty

food, *poori*, *parantha*, ghee (clarified butter), potato, rice, turmeric, milk with cream, yellow things, *kulattha* (*Dolichos biflorus*), mustard, garlic, *halwa*, *kachauri*, *samosa*, pizza, burger, tea, coffee, cold drinks, *urad dal* (black gram), *rajmah* (cow pea – *Vigna unguiculata*), gram, masoor dal, junk & packed food which are being popular in the modern generation of today.

Osteo-Arthritis, Rheumatoid Arthritis, Gout, Sciatica, Skeletal & Muscular Pain, & Facial Paralysis, Vātaja-Rogas (Diseases Caused by the Aggravation of Vāta)

Wholesome : Intake of chapati or bread prepared with wheat flour, *halwa* prepared by adding ghee & sugar, administration of external & internal oleation, vegetable prepared with the leaves of *punarnavā* (*Boerhavia diffusa*), pomegranate, ripe & sweet mango, grapes, castor oil, *moong dal*, asafoetida, ginger, dry ginger, fenugreek seed, *ajavayan* or parsley (*Trachyspermum ammi*), garlic, vegetable prepared of the flowers of drumstick tree and tender drumsticks, turmeric, use of *Aloe vera*, intake of hot water, shower with hot water and residing in warm environment is beneficial. Fomentation with hot water added with plenty of salt is very useful for a part affected with pain and oedema (inflammation).

Unwholesome : Intake of gram, pea, soyabean, potato, black gram (*urad dal*), cow-pea (*rajma-Vigna unguiculata*), jack-fruit, *masoor dal* (lentil), cauliflower, cucumber, tomato, powder of green mango (*amchoor*), lemon, orange, grapes, curd, butter-milk, other sour things, buffalo's milk, white pumpkin and cold water, shower with cold water and residing in a moist and cold place are harmful. So all these should be avoided.

Chronic Rhinitis, Bronchitis, Bronchial Asthma, RTI, Respiratory & Allergic Disorders

Wholesome : Intake of barley, wheat, *moong dal* (green gram), horse gram (*kulathī*), brinjal, goat's milk, dry raisins, clove, cardamom, garlic, *trikatu* (combination of dry ginger, long pepper & black pepper), long pepper, cassia (*tejapatra*), cinnamon, mace (*jāvitrī*) and roasted gram, chewing of black pepper & *mulethī* (*Glycyrrhiza*), intake of milk boiled with two gms. each (according to the constitution of body) of

Digitized By Siddhanta eGangotri Gyaan Kosha
 turmeric and dry ginger, and boiled by adding dates, dry dates and raisins are very useful.

Unwholesome : Avoid intake of *kheer* (food preparation prepared with milk & rice), curd, mustard, ice-cream, cold water of fridge, cold drinks, fast food, junk food, sour things, citrus fruits (lemon, orange, etc.), fried food, tamarind and pickle, exposure to cold wind, cold water, dust, pollen grains and smoke, as well as residing in moist, polluted & impure atmosphere.

Obesity

Wholesome : Intake of light & digestive food, cow's milk in less quantity and warm water added with honey + lemon in the morning, physical exercise, morning walk, physical as well as mental exertion are very useful. Also follow the general rules of prescriptions & prohibitions as mentioned on page no. 79.

Unwholesome : Avoid the intake of all types of fats and their preparations, and heavy as well as sweet things, sleep after food during day-time, eating patatable things in excessive quantity, and laziness.

Kidney-Diseases

Wholesome : Butter-milk prepared with cow's milk, fresh curd in less quantity, cow's milk, white pumpkin, *kakarī* (*Cucumis melo*), pointed gourd (*paraval*), coriander, aniseed (*saunf*), *punarnavā* (*Boerhavia diffusa*), papaya, apple, guava, sweet mango, *nāga kesara* (*mesua* or *Mesua ferrea*), gourd, *torai* or sweet luffa (*Luffa acutangula*), *tinḍā* (*Citrullus vulgaris*), unripe papaya, banana, *sem-phali* (beans), drum stick, carrot, green coconut water, barley water, juice of pine-apple, leaves of *pāṣāṇabheda* or *pattharacāṭṭā* (*Bergenia ligulata*) & boiled water for drinking are useful.

Unwholesome : Peas, gram, *rajmah* (cow peas-*Vigna unguiculata*), *urad dal* (black gram - *Phaseolus radiatus*), potato, cauliflower, spinach, tomato, *chaulai* (*Amaranthus spinosus*), brinjal, mushroom, cheeku, ginger, curd, cashew nuts, red & green chillies, sour things, salt, black things, meat & alcoholic drinks should not be taken. One should also avoid exercise in excess.

Renal Calculus / Stone

Wholesome : Chapati (bread) of *missa ata* with chaff, *moong dal*, horse gram, red gram (*arhar dal*), lemon, carrot, cucumber, *karkaṭi* or *kakarī* (*Cucumis melo*), gourd, sweet luffa or *torai* (*Luffa acutangula*), *tinida* (*Citrullus vulgaris*), *mausamini* (sweet orange), orange, bitter gourd, green coconut water, leaves of *pāṣāṇabheda* (*Bergenia ligulata*), banana, pineapple juice, dry ginger, coriander, mint & plenty of water & other liquids should be taken.

Unwholesome : Cauliflower, pumpkin, mushroom, brinjal, sour & salty things, spinach, cheese, tomato, *chaulai* (*Amaranthus spinosus*), *āmalaka*, seeds, fruits & vegetables having black colour, cheeku, cashew nuts, *kakarī* (*Cucumis melo*), cucumber, onion, black grapes, ingredients containing phosphorus & calcium, peas, different types of pulses (*dals*) and meat should not be taken.

Gynaecological Disorders

Wholesome : As prescribed in general.

Unwholesome : Avoid sour things, hot spices, pickle, salt in large quantity, rice, *urad dal* (black gram), *rajmah* (cow-peas-*Vigna unguiculata*), jack-fruit, potato, *jamikand* (*Amorphophallus campanulatus*), *ratālu* (var. of *Dioscorea esculenta*), gram flour, food prepared from gram flour and fine flour (*maida*), oil and junk food popular in modern generation.

Skin-Diseases

Wholesome : As prescribed in general.

Unwholesome : Intake of food having sour and saline taste, brinjal, taro (*Colocasia esculenta*), *urad dal* (black gram), *rajmah* (cow-peas-*Vigna unguiculata*), gram, fried food, food prepared with fine flour (*maida*) and gram flour, pickle, pizza, burger, patties, pastry, milk, curd, jaggery, sesame seed, garlic and hot spices, residing in very hot & moist place, use of soap, shampoo & cosmetics are prohibited.

Paediatric Diseases

Mother's milk and goat's / cow's milk are useful.

Psychological Diseases

Wholesome : Residing in a peaceful & calm place which is pleasing to one's mind, bathing, massage, positive thinking, emotional & moral support, meditation, regular practice of *prāṇāyāma* (breathing exercise), diet & regime which alleviate *vāta* (*vāyu*) & general prescriptions are useful.

Unwholesome : Intake of alcoholic drinks, mutually contradictory food, hot food & drinks, remaining hungry & thirsty, suppression of the urge for sleep, salt in excess, mustard oil, spices, pickle, intake of sharp & hot things, unfavourable environment, worry, fear, anger, grief, mental tension and remaining awake at night should be avoided.

General Prescriptions & Prohibitions for all Patients

Useful Ingredients : Intake of wheat, *moong dal* (with husk), gourd, sweet luffa or *torai* (*Luffa acutangula*), unripe papaya, carrot, *tinda* (*Citrullus vulgaris*), cabbage, bitter gourd, pointed gourd (*Trichosanthes dioica*), spinach, fenugreek leaf, sprouted grains, drumstick, black gram, less quantity of green chilli & ginger, cow's milk & ghee are useful in general. If cow's milk is not available, then buffalo's milk can be taken.

In fruits, apple, papaya, cheeku, pomegranate, guava, *baggugosha*, blackberry and *mausammi* (sweet orange) are generally useful. In dry fruits, cashew nuts, almond, raisins, dry grapes, fig, chilgoza or pinenuts (*Pinus gerardiana*), dates and dry dates can be taken.

Harmful Ingredients : Intake of tea, cold drinks, ice-cream, pizza, burger, patties, *idli*, *dosa*, tobacco, pouch (*gutakhā*), *pan-masala*, meat, whisky & other alcoholic drinks, egg, food prepared with fine flour (*maida*) like bread etc., synthetic food, food from confectionery is harmful. One should never eat such things which are not edible & which are prohibited.

Mode of Administration of Medicine in General

1. **Tablets & Powder :** Tablets or pills and powders should be taken 15-20 minutes after the intake of meals. In the diseases caused by the aggravation of *vāta* and *kapha*, these should be taken with warm water, while in diseases caused by aggravated *pitta* these should be taken with fresh normal water. Tablets or pills taken by chewing produce better effects. If these are bitter in taste, they can be swallowed without chewing.

Note :

- i) Take *Muktā-vati*, *Madhunāśinī* (*Madhu-kalpa*) & *Kāyā-kalpa-vati* with fresh water one hour before taking meal.
- ii) Before taking the powders prescribed for diarrhoea and hyper-acidity, please consult the physician.
2. **Bhasma (Calcined powders) :** Mixture of *Bhasmas* (calcined powders) and *rasas* (mercury preparations) which is available in packets, should be taken half an hour before the meals along with honey, milk-cream or hot milk.
3. **Āsavas & Arīṣṭas :** All *Āsavas* & *Arīṣṭas* (self-fermented preparations) should be taken 10-15 minutes after the meal by adding equal quantity of water.
4. **Kvātha (Decoction) :** For decoction, 10 gms. of the medicine should be boiled with 400 ml., of water till it is reduced to 100ml. and then filtered. If the patient is not able to take it in large dose, i.e 100 ml. then it can be boiled more and reduced to 50 ml. If the decoction is bitter or pungent in taste, then honey, sugar or jaggery can be added to it. However, it is more effective without addition of any sweetener as mentioned above. If the medicine is soaked in water for 8-10 hours before boiling, it will be more effective & beneficial.
5. **Acupressure :** Pressure should be given with the help of thumb, etc. for 30-40 times on the mentioned points according to the disease. Pressure should be given before the intake of meal. Moderate pressure should be applied to vital parts. This is a marvellous therapy to cure pain. Though painful in beginning, it is exceedingly beneficial in results.

6. **Massage** : Massage should always be done gently towards the heart by applying proper pressure.
7. **Steam-bath with Decoction (*Kvātha-snāna*) :**
 - i) If one has to steam-bathe, then first medicine prescribed for that particular disease should be boiled in a pressure cooker by adding 1 ltr.-1½ ltrs. of water. The weight (whistle) of the cooker should be taken out when the steam starts to come out. In the place of weight (whistle), the rubber pipe of gas should be fixed. Then the affected part of the body should be fomented with the steam coming out from the other side of the pipe. It is advisable that a piece of cloth should be tied on this side so that very hot drops of water coming out along with steam may not burn the body. After taking steam for the prescribed period, the remaining medicine (liquid) should be used for fomenting the painful part when it is moderately hot.
 - ii) If the patient doesn't like to take steam-bath, then the medicine should be boiled with 3-4 ltrs. of water till it is reduced to half. This tolerably warm liquid is to be used for fomenting the affected part with the help of a piece of cloth.
8. ***Yogāsanas & Prāṇāyāma* (Physical & Breathing Exercises) :** *Prāṇāyāma* (breathing exercise) produces marvellous effects on all types of curable and incurable diseases. It should be practised regularly in empty stomach according to one's own capacity and strength. In arthritis, practice of light exercises, and in the pains of lumbar region & spine, *āsanas* (exercises) prescribed for spinal cord are certainly beneficial.

Names of Medicines (Described in the Text)	Ch. & Recipe No.	Page No.
Divya Amṛta Rasāyana (Linctus)	I : 24	14
Divya Arṣa-kalpa Vaṭī	I : 1	1
Divya Aśmarī-hara Kvāṭha	I : 2	1
Divya Aśmarī-hara Rasa	I : 3	2
Divya Aśmarī-hara Vaṭī	I : 4	2
Divya Bādāma Pāka	II : 7	24
Divya Candraprabhā Vaṭī	II : 5	22
Divya Cyavana Prāśa (Linctus)	II : 4	22
Divya Cūrṇa	I : 11	6
Divya Danta Mañjana	I : 14	7
Divya Dhārā	I : 13	7
Divya Gashara Cūrṇa	I : 10	5
Divya Hṛdayāmṛta Vaṭī	I : 28	16
Divya Kānti Lepa	I : 32	19
Divya Kāyā-kalpa Kvāṭha	I : 8	4
Divya Kāyā-kalpa Taila	I : 7	4
Divya Kāyā-kalpa Vaṭī	I : 6	3
Divya Keṣa Taila	I : 9	5
Divya Madhu-kalpa Vaṭī	I : 20	11
Divya Madhunāśinī Vaṭī	I : 19	10
Divya Medhā Kvāṭha	I : 22	13
Divya Medhā Vaṭī	I : 23	13
Divya Medohara Vaṭī (Weightless)	I : 25	14
Divya Muktā Piṣṭī	II : 2	21
Divya Muktā Vaṭī	I : 21	11
Divya Peya (Herbal Tea)	I : 12	6
Divya Pīḍāntaka Kvāṭha	I : 16	8
Divya Pīḍāntaka Rasa	I : 15	8

Digitized By Siddhanta eGangotri Gyaan Kosha

Divya Piḍāntaka Taṭṭa	I : 17	9
Divya Sarva-kalpa Kvāṭha	I : 31	18
Divya Śilājīta Rasāyana Vaṭṭi	I : 30	18
Divya Śilājīta Sat	II : 1	20
Divya Strī Rasāyana Vaṭṭi	II : 27	16
Divya Svarṇa Bhasma	II : 3	21
Divya Śvāsāri Rasa	I : 26	15
Divya Udara Kalpa Cūrṇa	I : 5	3
Divya Udarāmṛta Vaṭṭi	I : 4	2
Divya Vasanta Kusumākara Rasa	II : 6	23
Divya Vātārī Cūrṇa	I : 29	17
Divya Yauvanāmṛta Vaṭṭi	I : 18	10



APPENDIX -II

Botanical / Eng. Equivalents of the Name of the Drugs Used in Recipes
(Given In Skt. / Hindi / Folk Languages)

Names of Drugs	Botanical/Eng. Names	Ch. & Item No.	Page No.
<i>Abhraka bhasma</i>	Calcined powder of mica	I : 26	41,43,21,22
<i>Ajavāyan</i>	<i>Trachyspermum ammi</i>	I : 4,10,	8,11,13,14,
<i>Ajāmodā</i>	<i>Apium graveolens</i>	13,15-17	15,74
<i>Ākārakarabha</i> (<i>Akarakara</i>)	<i>Anacyclus pyrethrum</i>	I : 14,18,26; IV:3	13,16
<i>Āmalaka(i) (amala)</i>	<i>Emblica officinalis</i>	I:4,7,9,24,25, 27,30; IV:44	23,8,10,11
<i>Ambara-dhāna</i>	?	I : 27	22
<i>Āmra</i>	<i>Mangifera indica</i>	I : 4	8,24
<i>Āmragandhi haridrā</i> (<i>Amba haldi</i>)	<i>Curcuma amada</i>	I : 37	24
<i>Amṛtā</i>	<i>Tinospora cordifolia</i>	I : 6-8, 12, 19, 28	9,10,12,14, 16,22
<i>Ananta-mūla</i>	root of <i>Fagonia cretica</i>	I : 9	11
<i>Apāmārga</i>	<i>Achyranthes aspera</i>	IV : 19	57
<i>Āragvadha (Amaltas)</i>	<i>Cassia fistula</i>	I : 31; IV:38	24,25,64
<i>Aranya jīraka</i>	<i>Centratherium</i>	I : 6,7,19;	59

(<i>Kali jiri</i>)	<i>anthelminticum</i>	IV:22	
<i>Ariṣṭaka (Ritha)</i>	<i>Sapindus trifoliatus</i> (soap-nut)	1 : 1	10
<i>Arjuna</i>	<i>Terminalia arjuna</i>	1 : 12,20,28; IV:5,50	12,13,17,22, 39,51,68
<i>Arka</i>	<i>Calotropis procera</i>	I : 17; IV:34	15,63
<i>Aśoka</i>	<i>Saraca asoca</i>	I : 27	22
<i>Aśvagandhā</i>	<i>Withania somnifera</i>	I : 12,15,16, 19,21-23, 27, 28-30; IV:	56,63,12,14,16 17,19,22,23
<i>Aśvattha (Pipala)</i>	<i>Ficus religiosa</i>	IV : 15	55,22,46
<i>Ativīṣā (Atis)</i>	<i>Aconitum heterophilum</i>	I : 4, 19	9
<i>Babbūla</i>	<i>Acacia arabica</i>	I : 14, 19; IV : 3	51,13,16
<i>Bākucī (Bavachi)</i>	<i>Psoralia corylifolia</i>	I : 6-8; IV : 50	10
<i>Bakula (Maulasiri)</i>	<i>Mimusops elengi</i>	I : 14	13
<i>Banaphśā</i>	<i>Viola odorata</i>	I : 12	12
<i>Bhṛīga-rāja</i>	<i>Eclipta alba</i>	I : 9, 17	11,15
<i>Bhūmyāmalakī</i> (<i>bhūmi āmalā</i>)	<i>Phyllanthus niruri</i>	I : 4, 12, 30, 31; IV:6	52,8,12,23,24
<i>Bibhītaka (baheda)</i>	<i>Terminalia bellerica</i>	I : 4, 25; IV:3, 16	8
<i>Bijabanda</i> (seed of <i>Balā</i>)	seed of <i>Sida cordifolia</i>	I : 27	22
<i>Bilva</i>	<i>Aegle marmelos</i>	I : 4,19; IV:3, 16; IV:39	65,8
<i>Brāhmī</i>	<i>Bacopa monnieri</i> or <i>Centella asiatica</i>	I : 9,12,21-24	11,12,16,17,19 20,28
<i>Cakra-marda</i> (<i>Panvad</i>)	<i>Cassia tora</i>	I : 6-8	9,10
<i>Candana</i>	<i>Pterocarpus santalinus</i>	I: 12	9,10,11,12,22,24
<i>Candana (Śveta)</i>	<i>Santalum album</i>	I : 6-8,9, 12,32	8,10,11,12, 22,24
<i>Cavya</i>	<i>Piper chaba</i>	I : 12	12
<i>Citraka</i>	<i>Plumbago zeylanica</i>	I : 4,12, 17,28	8,12,15,22
<i>Dāru-haridrā</i>	<i>Berberis aristata</i>	I : 6-8, 9, 17,27	9,10,11,15 22

Digitized By Siddhanta eGangotri Gyaan Kosha
 a collective n. for the 1:15,17
 roots of ten drugs viz.,
bilva, śyonāka, gambhāri,
pāṭalā, gaṇikārikā,
śālaparnī, pṛśniparṇī,
bṛhatī, kaṇṭakārī & gokṣura

<i>Daśa-mūla</i>			10,15
<i>Deva-dāru</i>	<i>Cedrus deodara</i>	1:6-8, 27	9,10,22
<i>Dhattūra</i>	<i>Datura metel</i>	I : 17	15
<i>Drona-puṣpī</i>	<i>Leucas cephalotes</i>	I : 6-8	9,10
<i>Dugdhikā</i> (big var.)	<i>Euphorbia hirta</i>	IV : 34	63
<i>Elā</i>	<i>Elettaria cardamomum</i>	I : 12, 24	12,20
<i>Eraṇḍa</i> , root	<i>Ricinus communis</i>	I : 16,17	15
<i>Gairika</i>	red ochre	IV : 52	69
<i>Gaja pippalī</i>	fruit of <i>Piper chaba</i>	I : 16,17	14
<i>Gandha-prasāraṇī</i>	<i>Paderia foetida</i>	I : 17	15
<i>Ghṛta kumārī</i> (Aloe)	<i>Aloe vera</i>	I : 1,4; IV : 35	35,73
<i>Godanī bhasma</i>	calcined powder of gypsum	I : 26	21
<i>Guḍamāra</i> (<i>Meṣa śrīgī</i>)	<i>Gymnema sylvestris</i>	I : 19	16
<i>Guḍūci</i>	<i>Tinospora cordifolia</i>	IV : 14,22	35,36,54,59
<i>Guggulu</i> (pure)	<i>Commiphora mukul</i>	I : 25, 27, 28	22
<i>Guñjā</i> (<i>rati</i> -white var.)	<i>Abrus precatorius</i> , white var.	I : 9	11
<i>Hajarala yahūda</i>	?	I : 3	8
<i>Haridrā</i> (Haldi)	<i>Curcuma longa</i> (turmeric)	I : 6-8, 19,32; IV : 3,18	9
<i>Harītakī</i> (<i>Jaṅgh harad</i>)	<i>Terminalia chebula</i>	I : 1,6,7,25	7,9,10,11,12,16 20,22,23
<i>Hingu</i>	<i>Ferula foetida</i>	I : 10	11
<i>Hīraka bhasma</i>	calcined powder of diamond	I : 15,28	14,22
<i>Indrāyana</i> (<i>Indravārunī</i>)	<i>Citrullus colocynthis</i>	I : 6	9
<i>Jambū</i> (Jamun)	<i>Syzygium cumini</i>	I : 19; IV : 22	16
<i>Jāfi-patī</i>	Mace or aril of <i>Myristica fragrance</i>	I : 12; II : 8	12

Digitized By Slddhanta eGangotri Gyaan Kosha			
	<i>Cuminum cyminum</i>	1:9	11,16,59
<i>Jīraka</i>	<i>Malaxis acuminata</i>	I: 17	15
<i>Jyotiṣmaṭī</i> (<i>Māla kaṅganī</i>)	<i>Celatrus paniculatus</i>	I; 17,21-23	15,19
<i>Kākamācī</i> (<i>Makoy</i>)	<i>Solanum nigrum</i>	I: 1,4,31	7
<i>Kākōlī</i>	<i>Roscoea alpina</i>	I: 17	15
<i>Kālā-megha</i>	<i>Andrographis paniculata</i>	I: 19; IV: 22	16
<i>Kamala</i>	<i>Nelumbo nucifera</i>	I: 9,27	11,22
<i>Kampillaka</i>	<i>Mallotus philippinensis</i> (dye)	IV: 36	64
<i>Kaṇṭakārī</i>	<i>Solanum indicum</i>	I: 7	10
<i>Kapardaka bhasma</i>	calcined powder of <i>Cypraea moneta</i>	I: 27	21.37.38.47
<i>Kapi-kacchū</i>	<i>Mucuna prurita</i>	I: 24	20
<i>Karañja</i>	<i>Pongamia pinnata</i>	I: 6-8	9.10
<i>Kāravellaka</i>	<i>Momordica charantia</i>	I: 19; IV: 22	16.59
<i>Karcūra</i>	<i>Curcuma zedoaria</i>	I: 19	16
<i>Karkaṭa śṛṅgī</i>	<i>Pistacia integerrima</i>	I: 26	21
<i>Karpūra</i> (<i>camphor</i>)	<i>Cinnamomum camphora</i>	I: 1,13,14,32	7.13.14.24
<i>Kaṭukī</i> (<i>Kuṭakī</i>)	<i>Picrorhiza kurroa</i>	I: 4,6-8,19, 25-29; IV: 22	9.16.20
<i>Keśara</i>	<i>Crocus sativus</i>	I: 18,24	16,20
<i>Ketakī</i>	<i>Pandanus tectorius</i>	I: 9	11
<i>Khadira</i>	<i>Acacia catechu</i>	I: 6-8, 32	9,10,24
<i>Revā(nd)a cīnī</i>	<i>Rheum emodi</i>	I: 5	9
<i>Kṣīra-kākōlī</i>	<i>Lillium polyphyllum</i>	I: 17	15
<i>Kulattha</i>	<i>Dolichos biflorus</i>	I: 2	73
<i>Kupīlu</i> (pure)	<i>Strychnos nux-vomica</i>	I: 15, 17	14
<i>Kuṭaja</i>	<i>Holarrhena antidysentrica</i>	I: 19	16
<i>Laghu kaṇṭakārī</i>	<i>Solanum xanthocarpum</i>	I: 6	9
<i>Laśuna</i>	<i>Allium sativum</i>	I: 17; IV: 18	15,56
<i>Lauha bhasma</i>	calcined powder of iron	I: 4	9
<i>Lavaṅga</i>	<i>Syzygium aromaticum</i>	I: 12-14, 26; IV: 3	12,13,21,51

Digitized By Siddhanta eGangotri Gyaan Kosha

<i>Madayantikā</i> (<i>Mehandi</i>)	<i>Lawsonia inermis</i> (henna)	I : 32	24
<i>Madhu yaṣṭī</i> (<i>Mulethi</i>)	<i>Glycyrrhiza glabra</i>	I : 5,17, 26,27	21
<i>Mahā Vāta- vidhvyanṣana Rasa</i>	n.of a classical medicine	I : 15	36,40
<i>Makaradhvaja</i>	n. of a classical med.	I : 18	16
<i>Maṇahśilā</i>	realgar	I : 26	21
<i>Maṇḍūra bhasma</i>	calcined powder of iron rust	I : 4,15	9,14
<i>Maṇjiṣṭhā</i>	<i>Rubia cordifolia</i>	I : 6-8, 17,32	9,10,15,24
<i>Marica</i>	<i>Piper nigrum</i>	I : 10,12; IV : 17,31	11,12,21,56 62
<i>Marubaka</i>	<i>Majorana hortensis</i>	IV : 36	13,64
<i>Māyāphala</i> (<i>Maju-phala</i>)	<i>Quercus infectoria</i>	I : 14	13
<i>Mayūra-piccha bhasma</i>	calcined powder of feather of pea-cock	I : 27	22
<i>Medā</i>	<i>Polygonatum verticillatum</i>	I : 17	15
<i>Methikā</i> (<i>Methī</i>)	<i>Trigonella foenum- graecum</i>	I : 19,29; IV:18,22	16,23,71,73
<i>Miśrī</i>	sugar candy	I : 15	9
<i>Miśreyā</i> (<i>Saunf</i>)	<i>Foeniculum vulgare</i>	I : 5,11, 12,17,21	9,12,15,19
<i>Moṭī piṣṭī</i> (<i>Muktiā piṣṭī</i>)	n. of a classical medicine prepared with pearl	I : 15,21, 23,28	17
<i>Muktiā-śukti bhasma</i>	calcined powder of pearl-oyster	I : 4, 26	9,21
<i>Musta</i>	<i>Cyperus rotundus</i>	I : 9,12,15, 16,28; IV : 18	11,12,14,22
<i>Nāga keśara</i>	<i>Mesua ferrea</i>	I : 9,17,27	22
<i>Nilinī</i>	<i>Indigofera tinctoria</i>	I : 9	11
<i>Nimba</i>	<i>Azadirachta indica</i>	I : 6,7	7,9,10,16
<i>Nimba</i> , sweet var. (<i>Bakayan</i>)	<i>Melia azedarch</i>	I : 1	7
<i>Nirguṇḍī</i>	<i>Vitex negundo</i>	I : 15-17, 28	14,15,22
<i>Palāśa</i>	<i>Butea monosperma</i>	I : 17; IV: 18	15

<i>Pārasa pīpala</i>	<i>Thespesia populnea</i>	I : 27	22
<i>Pārijāta</i>	<i>Nyctanthes arbortristis</i>	I : 16	14
<i>Pāsāna-bheda</i> (<i>Patharacatī</i>)	<i>Bergenia ligulata</i>	I : 2; IV : 24	75
<i>Pepper mint</i>	<i>Pepper mint</i>	I : 13,14	13
<i>Pipala (Aśvathha)</i>	<i>Ficus religiosa</i>	IV : 25	22
<i>Pippalī</i>	<i>Piper longum</i>	I : 12,14,16, 17; IV : 42	12,13,14,15, 21,66
<i>Pravāla piṣṭī</i>	n. of a classical medicine	I : 15,23,24, 27; IV : 16	14,19,20 21,55
<i>Priyaṅgu</i>	<i>Callicarpa macrophylla</i>	I : 9	11
<i>Punarnavā</i>	<i>Boerhaavia diffusa</i>	I:2,4,12, 25,28,31; IV:6,50	8,12,19,22, 24,74,75
<i>Putrajīvaka</i>	<i>Putranjiva roxburghii</i>	IV : 19	57
<i>Rajata bhasma</i>	calcined powder of silver	I : 23,28	19.22
<i>Rasāñjana</i> (<i>Rasaunti</i>)	solid extract of <i>Berberis aristata</i>	I : 1	7
<i>Rāsnā</i>	<i>Pluchea lanceolata</i>	I : 15-17, 28	14.15.22
<i>Rohiṣa (Agiya ghas)</i>	<i>Cymbopogon martini</i>	I : 12	12
<i>Rudanī</i>	<i>Capparis moonii</i>	I : 26	21
<i>Samudra phena</i>	cuttle fish	I : 32	24
<i>Sadābahāra (flower)</i>	<i>Lochnera rosea</i>	IV : 22,48	59.67
<i>Sarjikṣāra</i>	Sodium bicarbonate	IV : 52	69
<i>Sarpa-gandhā</i>	<i>Rauwolfia serpentina</i>	I : 21	17
<i>Śata-patrī</i> (rose flower)	<i>Rosa centifolia</i>	I : 5	12
<i>Soma-latā</i>	<i>Ephedra gerardiana</i>	I : 12	12
<i>Sphaṭika</i>	alum	IV : 3,51	51,68
<i>Sphaṭika bhasma</i>	calcined powder of alum	I : 14,26,32	21,24
<i>Sudarśana</i>	<i>Crinum latifolium</i>	IV : 37	64
<i>Śuṇṭhī (dry ginger)</i>	<i>Zingiber officinale</i>	I : 16,17, 29; IV : 18	12,14,15,21, 23
<i>Svarṇa-bhasma</i>	calcined powder of gold	I : 18	16,28,29
<i>Svarṇa-mākṣika</i> <i>bhasma</i>	calcined powder of Copper pyrite	I : 15	14

Digitized By Siddhanta eGangotri Gyaan Kosha			
<i>Svarṇa-patrī (Sanay)</i>	<i>Cassia angustifolia</i>	I : 5,11	9,12
<i>Śyonāka (bark)</i>	<i>Oroxylum indicum</i>	IV : 6	52
<i>Tagara</i> (<i>Sugandha-bälā</i>)	<i>Valeriana wallichii</i>	I : 17, 32	15,24
<i>Teja-patra</i>	leaf of <i>Cinnamomum zeylanicum</i>	I : 12,17	12,15
<i>Trikaṭu</i>	a collective n. for <i>Śunṭhī (Zingiber officinale) pippalī</i> (<i>Piper longum</i>) & <i>marica</i> (<i>Piper nigrum</i>)	I : 26; IV : 16,26	21.55.74
<i>Triphalā</i>	a collective n. for <i>harītakī</i> (<i>Terminalia chebula</i>), <i>bibhūtaka</i> (<i>Terminalia belerica</i>) & <i>āmalakī</i> (<i>Emblica officinalis</i>)	I : 6,19,27, 30; IV : 32	9,16,22,23, 32,33
<i>Tulasi</i>	<i>Ocimum sanctum</i>	I : 12; IV : 4,41	12,43,51,65
<i>Tumburu</i>	<i>Zanthoxylum alatum</i>	I : 14; IV : 3	13,51
<i>Tvak</i>	<i>Cinnamomum zeylanicum</i>	I : 12,24,26	12,20,21
<i>Uṣbā</i>	<i>Sarsaparilla</i>	I : 6-8	9,10
<i>Uṣṭukhūdusa</i>	<i>Lavandula stoechas</i> (Arabian or French Lavender)	I : 21-23	17
<i>Vaca (ā)</i>	<i>Acorus calamus</i>	I : 17,22,23	15
<i>Vāsā</i>	<i>Adhatoda zeylanica</i>	I : 12; IV : 40	12,65
<i>Vatsanābha</i>	<i>Aconitum ferox</i>	I : 17,26	15,21
<i>Vidaṅga</i>	<i>Embelia ribes</i>	I : 25	20
<i>Vidhārā</i> (<i>Vidārī kanda</i>)	<i>Argyreia speciosa</i> <i>Pueraria tuberosa</i>	IV : 44	66
<i>Vrddhi</i>	<i>Hebenaria intermedia</i>	I : 17	15
<i>Yava-kṣāra</i>	alkaline preparation of <i>Hordeum vulgare</i>	I : 3	8
<i>Yogrāja guggulu</i>	n. of a classical med. containing <i>guggulu</i> (<i>Commiphora mukul</i>) as main ingredient	I : 15	14

APPENDIX III**Names of Diseases for which Medicines are Prescribed.**

Disease	Ch. & Item No.	P. No.
Abdominal diseases	I:4, III : 4	9,51
Abdominal pain	I:4,10, 11,	9,12
Acidity	I:10, II:2, III:16	11,13,25,26,28
Acne	I : 6, 32	10,25
Aggravation of <i>pitta</i>	II:2	28,31
Alopecia	I:9	11
Āma (toxic byproduct due (to impairment of digestion & metabolism)	I:5, III:14	37,65
Āma-vāta (rheumatoid arthritis)	I:29	23
Amenorrhoea	III:25	44
Anaemia	I:4, II:5, 6	9
Angina pain	I:28	22
Anorexia	I:10, II:5	11,30,63
Anxiety	I:21	17
Arthritis	II:3,5	14,21,23,25, 27,28,29
Asthma	I:13, 26; II:1,6; III:21, IV:26, 42,43	13,21,27,30,55 59,60,66
Aversion from food	II:2	28
Bhagandara (fistula in-ano)	II:5	30
Bleeding (from nose, mouth & rectum due to the exposure to strong sun)	II:2	22,28
Bleeding piles	I:1, IV:8, 9	52,53
Blurred vision	I:19	16
Bodily pains	I:15	14
Bronchitis	I:26, II:1, 4,6	21,29,30
Burns	I:7	10
Burning sensation all over the body	CC-0, Panini Kanya Maha Vidyalaya Jalore, Jkt 2	7,8,28,34

In eyes	II:2	26
Head	II:2	11,17,21,28
Throat	II:2	28
Urethera	II:2	16,28
Urine	I:3	7,8,9,34
Calculi	I:3	8,25
Cancer	III:23, IV:14	25,42,43
Cardiac tonic	II:7	30
Cardiac weakness	II:7	31
Cataract	III:31, IV: 2	26
Cervical spondylitis	I:15,17; II:1,5; III:20	14,15,29,41
Cholera	I:13	13
Cholesterol	I:12, 21, 28	12,22
Chronic arthritis	II : 3	28
Chronic cough	IV:7	52
Disease	I:26	7,9,12,32
Fever	I:4	9,28
Headache	I:22	11,19,31
Renal failure	III:28	25
Rhinitis	III:21; IV: 26	45,56
Sprue syndrome	IV: 39	30
Cirrhosis of liver	II:27; IV: 6	45,52
Cold	I:2, 26; II:1; IV: 41	20,26,64,66
Colic pain	I:1, 10, 13; II:6	7,11,13,31
Constipation	I:4,5,11; III:33; IV:38	12,32,39,48, 56,63,64,73
Consumption	II:2	28
Corns	IV:53	69
Coronary artery diseases	III:17	39
Coryza	I:26; II:1; III:21; IV:41	31,41,56,65
Cough, Coughing	I:26; II:1,4,6; IV: 26, 40	12,21,27,30, 52,60,65,66
Cracked lips	IV: 46	67
Dadru (ring-worm)	I:6, 7	10
Dandruff	I:9; IV:29, 30	11,61,62

Dark circles below eyes	I:27	22
Darkness (of skin)	I:32	25
Deafness	III:36	49
Deposited toxins	I:3	8
<i>Dhātu-roga</i> (seminal diseases)	I:10	53
Diabetes, Diabetes mellitus	I:19; II:1,6; III:2; IV:21, 22, 48	30
Diarrhoea	I:4; III:14	9,32,42
Disorders related to female genital organs & uterus	II:6	30
Dry piles	I:1; IV: 8	7
Dysentery	II:3	72
Dyspnoea	I:13, II: 5,6	13,22,30
Diseases caused by aggravation of <i>pitta</i>	II:7	31
Diseases of urinary organs	II:5	29
Earache	IV:37	64
Eczema	I:6, 8; III: 22	10
Emaciation	I:18; II:5; IV: 33	30
Epilepsy	III:30	19
Epistaxis	I:13; IV:25	13,7
Excessive bleeding during menstruation	I:27; II:5	22
Excessive seminal discharge	II:5	30
Excessive urination	II:6	30
Excessive dreams	I:23	20
Exhaustion	I:18, 19, 27	16,22
Extra fat	I: 25	20
Eye-diseases	II:7	60
Female diseases	I:27	22
Fever	II:2; IV:41	9,28
Fibroid uterus	II:2,4	43
Filariasis	I:8	10
Flatulence	I:10,11,13; III:13	11,12,13,37
Foul smell of mouth	I:14	10
Frequent urination	I:19	16

Gas	I:10	11
Gastric trouble	III: 13	37
Giddiness	II:2,6	28
Glaucoma	III:31; IV:2	26
Gout	I:16; II:1; III:19	14,40
Greying of hair	I:9; IV: 27	61
Hair fall	I:9; IV: 27	26,62
Handicapped children	III:10	35
Harshness in speech	II:2	28
Headache	I:9, 13, II:2,7 III:18; IV:26,47	11,13,19,28, 31,61
Heaviness of abdomen	I:10	11
Hepatitis	IV:6	52
A,B,C	III:26	52,59
B,C.	I:31	52
Hernia	III:29	46
heterogenous substances	II:3	29
hiccup	IV:12	50,54
high blood pressure	I:21; III:3	17,32
hyper acidity	I:2; III:16; IV:4	51,56,38
hysteria	IV:53	70
Impotence	I:18; II:3	16
Increased heart-beat	II:2	28
Increased heat (warmth) in brain	II:2	28
Infections	I:19	8,16
of skin	I:19	9
Indigestion	I:4, 10	9,11
Infertility	III:32; IV: 19	57
Inflammation	I:17	15
Insomnia	I:21, 23; II:2, 6; IV: 47	17,28,67
Irregularity in menstruation	I:27	22
Irritation	I:19	16
Jaundice	I:4,31; IV:34	9,24,52
Joint pain(s)	I:15-17, 25; II:15; III:19	14,15,21,29

Kāmalā (serious type of jaundice)	II:5	30
Kapha (phlegm)	IV:42	55
Knee-joint pain	III:19	40
	I:8	10
Kuṣṭha (obstinate skin diseases including leprosy)		
Laziness	I:27	22
Leprosy	I:8	10
Leucoderma	I:6,7; III:5,	10,33,68
Leucorrhœa	I:27,30; II:6; IV:10	22,24,30,53
Loss of appetite	I:31	24,30
memory	I:23; II:6	19,27
shining	I:32	14
weight	I:19	15,21
Lumbar pain	I:15; II:5	14,30
Madhumeha (diabetes mellitus)	IV:22	58
Malaria	II:3,	28
Menorrhagia	I:27; II:6; III:25; IV:10,11	22,30,44,53
Mental retardation	III:11	36
Mental weakness	II:4	29
Migraine pain	I:22; III:18; IV: 47	67
Moles	IV:52	69
Mongoloid children	III:11	36
Morbid thirst	I:19; II:2	16,28
Multiple sclerosis	III:12	36
Muscular dystrophy	III:10	35
Muscular pain	I:16	74
Nausea	I:11	12
Negative thinking	I:23	20
Negativity	I:22	19
Nervous weakness	I:3, 7	31
Night blindness	IV:53	70
Normal delivery	IV:20	57
Obesity	I:8; III : 1; IV:1, 21, 32	10,33,51,59,63

Oedema of kidney	I:3	8
Oligospermia	III:6	34
Oliguria	I:31	24
Osteo-arthritis	I:16	14
Otorrhagia	III:36	49
Pain	I:1	7
in back	I:17	23
different types	I:16	11, 15
frequent	I:28	16, 22
in head	I:21	21
knee joints	I:17; 25; II:1	21
in lower abdomen	I:27, 31	22
in lumbar region	I:17, 25, 27, 29; II:1	21, 23
stomach	I:31	32
Paleness of body	II:5	30
Palpitation	I:21, 28; II:2	17, 23, 28
Parkinsonism	II:1; III:34	28, 67
Phlegm	I:4	20
Physical weakness	II:4	27
Piles	I:1; II:5; IV:11	7, 30, 53
bleeding	IV:8, 9	25, 52, 53
dry	IV:8	12, 52
Pimples	I:6, 32; III:4	10, 25, 33
Poisonous diseases	II:3	28
<i>Prameha</i> (obstinate urinary diseases including diabetes)	I:30, II:2, 5; 6; IV:10	28, 30
Premature ejaculation of semen	II:6	30
Promoter of	II:5	16
fluid	II:4	30
intellect	I:24, II:5	29
nourishment	II:7	20, 30
semen	II:7	30, 31
splendour	I:24; II:4, 5, 7	29
strength		11, 12, 16, 17

virility	II:4	29
wisdom	I:24	20
Prostate enlargement	II:5	29
Pruritus	I:6	10
Psoriasis	I:6,7; III:22	11,43
Psycho-somatic diseases	II:3	28
<i>Rakta-pitta</i> (a condition characterised by bleeding from various parts of the body)	II:2, 6	28,30
rejuvenating	I:24; II:4, 6, 7	20,31
renal failure, chronic	III:28	46
rheumatoid arthritis	I:16, 25, 29	14,23
Sciatica	I:15,16,29; II:5; III:20; IV:48	14,23,27, 30,67
Shrunken eyes	II:5	30
Sinusitis	I:26; III:21; IV: 26	21,41,67
Skeletal pains	I:16	14
Skin allergy	I:7	10
complaints	I:32	25
diseases	I:6,8; IV: 50	7,9,77
disorders	I:32	25
Sleeplessness	I:22	18,19
Sluggishness of liver	I:31	21
Sour eructations	II:2	28
Sprue (syndrome)	II:6, III:14	37
Sterility	II:7	31
Stomatitis	IV:51	69
of kidney	I:7; IV:24	8
in urinary tract	I:2; II:5	30
Stone formation	I:3	8
Suppression of the power of digestion	I:4; II:5	13,30
Suppression of urination	II:5	29
Syphilis	II:5	30
Testicle enlargement	II:5	30
Thalassemia	CC-0, Panini Kanya Maha Vidyalaya Collection II:9	63

Thyroid	I:19	16
Tingling sensation	I:24, 26	20,21
Tonic	IV:16	55
Tonsilitis	I:13	13
Toothache	I:13	50
Tooth-diseases	IV:39	65
Toxic byproduct	I:13, 17	13,15
Trauma	II:1,3	27,28
Tuberculosis	III:7	34
Tumour	III:36	49
Tympanitis	II:2	12,17,18,19, 23,28
Uncomfort	I:10,21,22,23,28	62
Uneasiness	IV:31	62
Urticaria	I:29; IV:18	23,56
<i>Vāta-roga</i> (diseases caused by the vitiation of <i>vāta-doṣa</i>)	IV:49	67
<i>Vipādikā</i> (cracks of heals)	IV:53	69
Warts	I:29; II:2; 3,5; IV: 33	16,27,28,29,63
Weakness	II:1	27
of bones	II:6	28
of brain	II:1	27
general	II:6	23,28
heart	II:1,6	21,27
of lungs	II:7	29
mental	I:24	20
Wisdom promoting	I:7	10
Wounds	I:27, 32	25
Wrinkles on face		

Price List of Medicines

Sl. No.	Name of the medicines	Quantity	Price
OUR MEDICINES			
1.	Divya Arshkalp Vatī	20 gms.	30/-
		40 gms.	60/-
2.	Divya Ashmarīhar Ras	50 gms.	80/-
3.	Divya Vrikkadoshhar Kwath	100 gms.	20/-
4.	Divya Ashmarīhar Kwath	100 gms.	20/-
5.	Divya Āmla Preserve (Wet)	1 kg.	70/-
6.	Divya Āmla Preserve (Candy)	500 gms.	80/-
7.	Divya Āmla Preserve (Sweet & Sour)	500 gms.	95/-
8.	Divya Udramrit Vati	20 gms.	25/-
		40 gms.	50/-
9.	Divya Udarkalp Cūrn	100 gms.	30/-
10.	Divya Kāyākalp Vatī	20 gms.	70/-
11.	Divya Kāyākalp Oil	100 ml.	50/-
12.	Divya Kāyākalp Kwāth	100 gms.	20/-
13.	Divya Totalā Kwāth	100 gms.	10/-
14.	Divya Hair Oil	100 ml.	70/-
15.	Divya Gashar Cūrn	100 gms.	40/-
16.	Divya Dadru Ark	20 ml.	20/-
17.	Divya Cūrn	100 gms.	40/-
18.	Divya Ayurvedic Tea	100 gms.	20/-
		250 gms.	50/-
		500 gms.	100/-
19.	Divya Dhaara	20 ml.	20/-
20.	Divya Tooth Powder	100 gms.	40/-
21.	Patanjali Drishti Eye Drops	10 ml.	25/-
22.	Divya Peedaantak Ras	20 gms.	80/-
23.	Divya Peedantak Kwath	100 gms.	15/-
24.	Divya Peedantak Oil	100 ml.	60/-
25.	Divya Shabdindu Oil	40 ml.	60/-

Digitized By Siddhanta eGangotri Gyaan Kosha

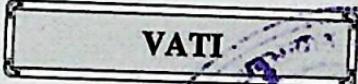
26. Divya Youvanamrit Vati	5 gms.	210/=
27. Divya Madhu (Pure Honey)	250 gms.	40/=
	500 gms.	80/=
	1 kg.	160/=
28. Divya Madhunāshinī Blister	120 pills	190/=
29. Divya Muktāvati Blister	120 pills	190/=
30. Divya Medhākwāth	100 gms.	20/=
31. Divya Medhāvatī	20 gms.	45/=
	40 gms.	90/=
	60 gms.	135/=
32. Divya Amritrasayan (Awaleh)	1 kg.	140/=
33. Divya Medohar Vatī	50 gms.	80/=
34. Divya Shwāsaari Ras	10 gms.	15/=
	20 gms.	30/=
35. Divya Shwāsaari Pravaahi	250 ml.	25/=
36. Divya Stree Rasaayan	20 gms.	40/=
	40 gms.	80/=
	60 gms.	120/=
37. Divya Hridyāmrīt	20 gms.	100/=
	40 gms.	200/=
38. Divya Madhukalp Vati	40 gms.	40/=
39. Divya Vataari Cūrn	100 gms.	30/=
40. Divya Shilājīt Rasayan	20 gms.	30/=
	40 gms.	60/=
41. Divya Sarvakalp Kwāth	100 gms.	20/=
42. Divya Bel Sharbat	750 ml.	65/=
43. Divya Badaam Sharbat	750 ml.	110/=
44. Divya Gulab Sharbat	1000 ml.	85/=
45. Divya Kāntilep	50 gms.	30/=
46. Divya Bādaam Paak	500 gms.	225/=
47. Divya Brahmī Sharbat	750 ml.	90/=
48. Divya Āmla Sharbat	750 ml.	75/=
BHASM		
49. Divya Abhrak Bhasm	10 gms.	25/=
50. Divya Akeek Pishti	10 gms.	30/=

51. Divya Kapardak Bhasm	10 gms.	20/=
52. Divya Kaharva Pishti	10 gms.	80/=
53. Divya Kaasees Bhasm	10 gms.	20/=
54. Divya Godanti Bhasm	10 gms.	10/=
55. Divya Jaharmohra Pishti	10 gms.	30/=
56. Divya Tankan Bhasm	10 gms.	10/=
57. Divya Taamra Bhasm	1 gms.	7/=
58. Divya Trivang Bhasm	10 gms.	45/=
59. Divya Pravaal Pishti	10 gms.	30/=
60. Divya Bang Bhasm	10 gms.	45/=
61. Divya Mandoor Bhasm	10 gms.	20/=
62. Divya Moti Pishti [1]	1 gms.	60/=
63. Divya Moti Pishti [2]	1 gms.	30/=
64. Divya Ropya (Chandi) Bhasm	1 gms.	40/=
65. Divya Swarn Bhasm	1 gms.	2300/=
66. Divya Lauh Bhasm	10 gms.	25/=
67. Divya Shankh Bhasm	10 gms.	10/=
68. Divya Swarnmakshik Bhasm	10 gms.	30/=
69. Divya Sphatik Bhasm	10 gms.	15/=
70. Divya Hazrulyahud Bhasm	10 gms.	30/=
71. Divya Heerak (Heera) Bhasm	1 gms.	2400/=
72. Divya Sangeyashav Pishti	10 gms.	30/=
73. Divya Muktashukti Bhasm	10 gms.	25/=
74. Divya Kulya Bhasm Mixture	10 gms.	30/=
75. Divya Shweta Parpati	10 gms.	15/=
76. Divya Vanshlochan	25 gms.	25/=

RAS & RASAYAN

77. Divya Kumar Kalyan Ras	1 gms.	390/=
78. Divya Yogendra Ras	1 gms.	330/=
79. Divya Basantakusumākar Ras	1 gms.	240/=
80. Divya Br̥hat Vaatchintamani Ras	1 gms.	300/=
81. Divya Makardhwaj	1 gms.	40/=
82. Divya Swarn Vasantmalti Ras	1 gms.	150/=
83. Divya Rasraj Ras	1 gms.	330/=

84. Divya Aamvaatri Ras	20 gms.	35/=
85. Divya Ekangveer Ras	40 gms.	70/=
86. Divya Kaamduhdā Ras (Moti Yukt)	10 gms.	60/=
87. Divya Pravaal Panchamrit	10 gms.	30/=
88. Divya Mahavaatvidhwansak Ras	5 gms.	80/=
89. Divya Ras- Manikya	10 gms.	50/=
90. Divya Ras Sindoor	1 gms.	5/=
91. Divya Shilāsindoor	1 gms.	5/=
92. Divya Taal Sindoor	1 gms.	25/=
93. Divya Taamra Sindoor	1 gms.	25/=
94. Divya Rajat Sindoor	1 gms.	30/=
95. Divya Kapoor Ras	1 gms.	30/=
96. Divya Laxmivilaas Ras	1 gms.	12/=
97. Divya Tribhuvan Kirti Ras	20 gms.	60/=
	20 gms.	50/=


 VATI

98. Divya Aarogyavardhini Vati	20 gms.	40/=
99. Divya Katujghan Vati	20 gms.	80/=
100. Divya Vrikkdoshhar Vati	20 gms.	30/=
101. Divya Khadirādi Vati	20 gms.	60/=
102. Divya Chandraprabhā Vati	20 gms.	50/=
	40 gms.	30/=
	60 gms.	70/=
103. Divya Chitrakādi Vati	20 gms.	105/=
	40 gms.	40/=
104. Divya Rajah Parvartanī Vati	20 gms.	80/=
	40 gms.	50/=
105. Divya Vishtinduk Vati	20 gms.	100/=
	40 gms.	40/=
106. Divya Sanjeevani Vati	20 gms.	80/=
	40 gms.	40/=
107. Divya Lawangaadi Vati	20 gms.	80/=
	20 gms.	40/=

108. Divya Vriddhivaadhika Vati	20 gms.	40/-
	40 gms.	80/-
109. Divya Saarivadi Vati	20 gms.	60/-
	40 gms.	120/-
110. Divya Mahasudershhan Vati	20 gms.	30/-

GUGGULU

111. Divya Kaanchnaar Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-
112. Divya Kaishor Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-
113. Divya Gokshuraadi Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-
114. Divya Mahayograaj Guggulu	20 gms.	45/-
	40 gms.	90/-
	60 gms.	135/-
115. Divya Singhnaad Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-
116. Divya Yogrāj Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-
117. Divya Triphalā Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-
118. Divya Saptavinshati Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-
119. Divya Lākshaadi Guggulu	20 gms.	25/-
120. Divya Trayodashaang Guggulu	20 gms.	25/-
	40 gms.	50/-
	60 gms.	75/-

CHŪRNA

121. Divya Ajmodadi Chūrna	50 gms.	15/=
122. Divya Arjun Kwāth	100 gms.	30/=
123. Divya Shwasaari Kwāth	100 gms.	10/=
124. Divya Avipattikar Cūrna	100 gms.	20/=
125. Divya Ashwagandhā Cūrna	100 gms.	30/=
126. Divya Amla Cūrna	100 gms.	30/=
127. Divya Panchkol Cūrna	50 gms.	15/=
128. Divya Mulethi Kwāth	100 gms.	20/=
129. Divya Lavanbhāskar Cūrna	100 gms.	10/=
130. Divya Trikuta Cūrna	10 gms.	6/=
	25 gms.	15/=
131. Divya Baherā Cūrna	10 gms.	6/=
	25 gms.	15/=
132. Divya Sitopalādi Cūrna	10 gms.	8/=
	25 gms.	20/=
133. Divya Triphalā Cūrna	100 gms.	15/=
134. Divya Gangādhar Cūrna	50 gms.	15/=
	100 gms.	30/=
135. Divya Bilvādi Cūrna	50 gms.	15/=
	100 gms.	30/=
136. Divya Haritaki Cūrna	100 gms.	18/=
137. Divya Baawachi Cūrna	50 gms.	20/=

AASAV, ARISHT

138. Divya Drākshāsav	450 ml.	65/=
139. Divya Arvindāsav	450 ml.	45/=
140. Divya Vidangāsav	450 ml.	50/=
141. Divya Ushirāsav	450 ml.	50/=
142. Divya Kumāryāsav	450 ml.	50/=
143. Divya Patrāngāsav	450 ml.	70/=
144. Divya Khādirārisht	450 ml.	50/=

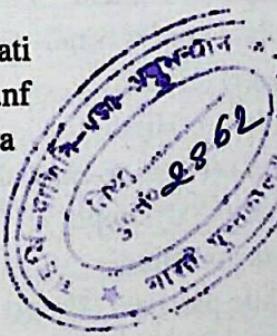
145. Divya Kutjārisht	450 ml.	50/=
146. Divya Ashwagāndhārisht	450 ml.	65/=
147. Divya Sāraswatārishta	450 ml.	70/=
148. Divya Abhyārisht	450 ml.	50/=
149. Divya Ashokārisht	450 ml.	45/=
150. Divya Punarnavārisht	450 ml.	50/=
151. Divya Arjunārisht	450 ml.	55/=
152. Divya Mahāmanjishthadi Kwāth Pravaahi	450 ml.	50/=

MISCELLANEOUS

153. Divya Chayanaprash (Awaleh)	1 Kg.	130/=
154. Divya Chayanaprash (with Saffron)	1 Kg.	170/=
155. Divya Amalki Rasayan	100 gms.	60/=
156. Divya Amla Ras	1 lt.	90/=
157. Divya Punarnavādi Mandur	20 gms.	30/=
	40 gms.	60/=
158. Divya Amrita Sat (Giloy)	10 gms.	20/=
159. Divya Saptamrit Lahu	10 gms.	20/=
160. Divya Pure Shilajit Sat	20 gms.	60/=
	50 gms.	150/=
161. Divya Dashmool Kwath	100 gms.	10/=
162. Divya Mahatriphala Ghrith	200 gms.	180/=
163. Divya Phala Ghrith	200 gms.	200/=
164. Divya Badaam Rogan	60 ml.	100/=
165. Divya Shivlingi Seeds	100 gms.	30/=
166. Divya Putrajeevak Seeds	200 gms.	30/=
167. Divya Pushyanug Choorna	100 gms.	40/=
168. Divya Rose Water	120 gms.	25/=
169. Divya Moosli Pak	500 gms.	350/=
170. Divya Jwarnashak Kwath	250 gms.	20/=
171. Divya Giloy Kwath	250 gms.	3/=
172. Divya Gomootta	455 ml.	40/=
173. Patanjali Ghritakumari Swaras	1000 ml.	180/=
174. Divya Haridra Khand	100 gms.	70/=
175. Divya Dalia	500 gms.	20/=

Digitized By Siddhanta eGangotri Gyaan Kosha

176. Divya Aam Papad (Sour)	200 gms.	30/=
177. Divya am Papad (Sweet)	200 gms.	30/=
178. Divya Ginger Candy	200 gms.	45/=
179. Divya Ajawain Pachak	200 gms.	35/=
180. Divya Amla Candy (Pouch)	55 gms.	10/=
181. Divya Amla Candy	500 gms.	80/=
182. Divya Amla Murrabba Spicy (Pouch)	45 gms.	10/=
183. Divya Bel Preserve	1000 gms.	70/=
184. Divya Carrot Preserve	1000 gms.	70/=
185. Divya Harad Preserve	1000 gms.	70/=
186. Divya Apple Preserve	1000 gms.	70/=
187. Divya Bel Candy	500 gms.	70/=
188. Divya Anardana Vati	200 gms.	30/=
189. Divya Roasted Saunf	200 gms.	25/=
190. Divya Elaichi Petha	500 gms.	25/=
191. Divya Gulkand	500 gms.	45/=
192. Divya Harad Vati	200 gms.	25/=
193. Divya Hing Peda	200 gms.	35/=
194. Divya Hing Vati	200 gms.	40/=
195. Divya Jaljeera	200 gms.	40/=
196. Divya Jam	1000 gms.	70/=
197. Divya Kesar Petha	500 gms.	30/=
198. Divya Kesar - Badaam Sharbat	750 ml.	110/=
199. Divya Neembu Vati	200 gms.	30/=
200. Divya Paachak Chuhara	200 gms.	35/=
201. Divya Papita Candy	500 gms.	70/=
202. Divya Soap	75 gms.	12/=
203. Divya Shampoo	100 gms.	25/=
204. Divya Apple Candy	200 gms.	40/=
205. Divya Saffron	500 gms.	90/=
206. Divya Saindha Namak	1 gms.	75/=
207. Divya Haridra Khand	500 gms.	10/=
208. Divya Shvitraghan Paste	100 gms.	70/=
209. Divya Mayarpichh Bhasm	100 gms.	25/=
	10 gms.	30/=



VCDs, DVDs, Audio Cassettes & Books

Sl.	Name	Price
Divya Yog Sadhna - VCDs		
1.	Yog Vigyan (Hindi, English, Bengali, Gujarati, Marathi, Tamil, Telugu) Each	110/=
2.	Yog Vigyan (for obesity) (Hindi)	60/=
3.	Yog Vigyan (for children) (Hindi)	60/=
4.	Yog Vigyan (lifestyle) (Hindi & English)	60/=
5.	Yog Vigyan (for pregnant women - Part 1+2) (Hindi)	110/=
6.	Yog Vigyan (for spinal cord) (Hindi)	60/=
7.	Yog Vigyan (for heart) (Hindi)	60/=
8.	Yog Vigyan (for kidney) (Hindi)	60/=
9.	Yog Vigyan (for eyes) (Hindi & English)	60/=
10.	Yog Vigyan (for muscular dystrophy) (Hindi & English)	60/=
11.	Yog Vigyan (for cancer) (Hindi)	60/=
12.	Yog Vigyan (for white patches) (Hindi)	60/=
13.	Yog Vigyan (for vatta related diseases) (Hindi)	60/=
14.	Yog Vigyan (for various diseases) (Hindi)	60/=
15.	Yog Vigyan (for jaundice) (Hindi)	60/=
16.	Yog Vigyan (for migraine) (Hindi)	60/=
17.	Yog Vigyan (for diseases related to stomach) (Hindi)	60/=
18.	Yog Vigyan (for constipation & piles) (Hindi)	60/=
19.	Yog Vigyan (for skin diseases) (Hindi & English)	60/=
20.	Yog Vigyan (for parkinson's & paralysis) (Hindi)	60/=
21.	Yog Vigyan (for asthma) (Hindi)	60/=
22.	Yog Vigyan (for diabetes) (Hindi)	60/=
23.	Yog Vigyan (for high blood pressure) (Hindi)	60/=
24.	Yog Vigyan (for childless) (Hindi)	60/=
25.	Yog Vigyan (for young girls) (Hindi)	60/=
26.	Yog Vigyan (for a healthy body) (Hindi)	60/=
27.	Yog Vigyan (for young boys) (Hindi)	60/=
28.	Yog Vigyan Yog Nidra (Hindi)	60/=
29.	Yog Vigyan Sixteen rituals (Hindi)	60/=

30.	Yog Vigyan Self Realisation (Hindi)	60/-
31.	Yog Vigyan National Religion (Hindi)	60/-
32.	Yog Vigyan Ashtang Yog (Hindi)	60/-
33.	Yog Vigyan Dhyan Yog (Part 1 + 2) (Hindi)	110/-
34.	Yog Vigyan Weekly Yog routines (7 CD pack) (Hindi)	350/-
35.	The risks and misconceptions in Yog.	60/-

Divya Yog Sadhna - CD (MP 3)

1.	Diya stawan (Hindi)	49/-
2.	Gayatri Mantra (Hindi)	49/-
3.	Bhakti Geetanjali (Hindi)	45/-

Divya Yog Sadhna - Audio CD

1.	Bhakti Geetanjali (Part 1 - 7) (Hindi) Each	39/-
2.	Rashtra Vandana (Part 1-2) (Hindi) Each	39/-

Divya Yog Sadhna - DVD

1.	Yog Vigyan (Hindi, English, Bengali, Gujarati, Tamil) Each	199/-
2.	For various diseases (Hindi & English)	149/-
3.	For spinal cord (Hindi & English)	149/-
4.	For diabetes (Hindi & English)	149/-
5.	For skin diseases (Hindi & English)	149/-
6.	Life style (Hindi & English)	149/-
7.	For asthma (Hindi & English)	149/-
8.	For young boys (Hindi & English)	149/-
9.	Muscular dystrophy (Hindi & English)	149/-
10.	For eye diseases (Hindi & English)	149/-
11.	Parkinson's & Paralysis (Hindi & English)	149/-
12.	Yog Vigyan for children (English)	149/-
13.	For High Blood Pressure (Hindi)	149/-

Divya Yog Sadhna - Audio Cassette

1.	Gayatri Mantra	30/-
2.	Divya Stawan	50/-
3.	Vedic Sandhya	30/-

4.	Yog Nidra	30/-
5.	Bhakti Geetanjali (Part 1 - 7) (Hindi) Each	35/-

Books from Divya Publications

1.	Aushadh Darshan (English)	50/-
2.	Aushadh Darshan (Hindi, Bengali, Gujarati, Kannad, Marathi, Nepali, Oriya, Punjabi, Telugu, Urdu) Each	30/-
3.	Ayurvedic Sidhant Rahasya (Hindi & English) Each	125/-
4.	Bhakti Geetanjali	30/-
5.	Divya Aushadhiya Sugandhit & Saundaryakaran Paudhey	20/-
6.	Jadi- Booti Rahaysaya	350/-
7.	Jeevani Shaktivardhak Ashtavarg Paadap	75/-
8.	Pranayam Rahasya (Hindi International)	180/-
9.	Pranayam Rahasya (English International)	180/-
10.	Pranayam Rahasya (Hindi, English, Bengali, Gujarati, Kannad, Malayalam, Marathi, Nepali, Oriya, Punjabi, Tamil, Telugu, Urdu Each)	
11.	Sant Darshan (Hindi & English - Each)	50/-
12.	Vedic Nitya Karma Vidhi	200/-
13.	Vitality Strengthening Ashtavarga Paudhey	25/-
14.	Yog Darshan	75/-
15.	Yog Sadhana & Yog Chikitsa Rahasya (Hindi International & English International-Each)	50/-
16.	Yog Sadhana & Yog Chikitsa Rahasya (Hindi, English, Bengali, Gujarati, Kannad, Malayalam, Marathi, Nepali, Oriya, Punjabi, Tamil, Telugu, Urdu- Each)	400/-
17.	Vigyan Ki Kasauti Par Yog (Hindi)	125/-
18.	Yog In Synergy with Medical Science (English)	300/-
		300/-

Thinking of getting enjoyment, satisfaction & peace from the luxuries will be similar to the fact that a person expecting the fire to calm down after pouring fuel into the fire.

---Most Revered Swami Ramdevji Maharaj

RULES TO PLACE THE ORDERS FOR MEDICINES, ETC.,

FROM THE ASHRAM

Digitized By Siddhanta eGangotri Gyaan Kosha

1. 'Divya Yog Mandir Trust (Ashram)' is a charitable institution. Like the trust, the aim of the Pharmacy run by Trust is to provide medicines for suffering people at minimum cost, so that people with healthy body and mind together form a healthy and spiritual society.
2. For giving priority to the welfare of patients, medicines manufactured in the Ashram, under the supervision of scholarly saints well versed in Ayurveda, are sold at minimum cost. Special care is taken that classical and patent medicines are of the best quality. Our primary aim is to serve humanity through ayurveda. So. one who agrees with this aim can order the medicines at printed rate and can be benefitted with virtue by serving others. We are not able to give any discount or commercial profit.
3. We send our medicines and literature through courier and parcel services. You have to inform us that whether you want to receive your goods through courier or registered parcel services. Due to indispensible reasons, we have stopped the process of sending medicines, etc. through V.P.P. To order the goods, you have to send D.D. equal to the total cost of goods + charges of the postage. It should be at the name of "Divya Yog Mandir Trust" on the address of Ashram and should be payable in Hardwar. Don't forget to write your name and phone no. at the back of D.D. Write the names of medicines and literature etc. separately which you want to order. If you want to order medicines, etc. through courier/ registered parcel, then send the full written detail of disease along with the medical reports. If you have already been taking treatment from 'Divya Yog Mandir', then please send the photocopy of your previous prescription. It is noticeable, in case you are facing great difficulty to get D.D. then you can also send money-order on the address of 'Divya Yog Mandir Trust'. Your demands and address along with phone no. should be written clearly on the money-order form.

All medicines, etc. will be sent from Ashram well packed. However, if there is any harm or loss on the way, you would be responsible for it.

Important/Please Note:

Registered Parcel Charges + Packing Charges- Rs. 55/- for up to 500 Kms and weight up to 0 kgs to 3 kgs.

Registered Parcel Charges + Packing Charges- Rs. 70/- for up to 1000 Kms and weight up to 0 kgs to 3 kgs.

Registered Parcel Charges + Packing Charges- Rs. 85/- for up to 2000 Kms and weight up to 0 kgs to 3 kgs.

Registered Parcel Charges + Packing Charges- Rs. 115/- for more than 2000 Kms and weight up to 0 kgs to 3 kgs.

Courier Charges + Packing Charges- Rs. 35/- for 0 Gms to 500 Gms in Northern States of India specifically; Uttar Pradesh, Uttarakhand, Delhi, Haryana, Punjab, Rajasthan, Jammu and Kashmir & Himachal Pradesh.

Courier Charges + Packing Charges- Rs. 55/- for 500 Gms to 1000 Gms in Northern States of India specifically; Uttar Pradesh, Uttarakhand, Delhi, Haryana, Punjab, Rajasthan, Jammu and Kashmir & Himachal Pradesh.

Courier Charges + Packing Charges- Rs. 45/- for 0 Gms to 500 Gms for all other states which are not mentioned in the above Northern states.

Courier Charges + Packing Charges- Rs. 65/- for 500 Gms to 1000 Gms for all other states which are not mentioned in the above Northern states.

Cheques payable in places other than Hardwar are not accepted. Due to indispensible conditions, if someone sends this type of cheque or draft; then goods will be sent after deducting Rs. 70/- as clearing charges from the total amount send and rest will be adjusted to the bill.



Hon'ble President Smt. Pratibha Patil, Swami Ramdev,
Vaidyaraj Acharya Balkrishna

*“Na tvaham kāmaye rājyam na ca svarga-sukhāni ca |
Kāmaye duḥkha-taptānām prāṇīnam arti-nāśanam II”*

“O Lord ! Neither I wish kingdom,
Nor I wish pleasures of Heaven,
The only thing I wish is to remove,
The miseries of suffering Human”

Divya Prakashan

Divya Yoga Mandir (Trust)

Office : Patanjali Yogpeeth

Maharishi Dayanand Gram, Delhi-Hardwar Highway
Near Bahadarabad, Hardwar-249402 (Uttarakhand)

Ph. : 01334-240008, 244107, 246737

Fax : 244805, 240664

E-mail : divyayoga@rediffmail.com

Website : www.divyayoga.com

PRICE : Rs. 50/-



ISBN 81-89235-24-9